

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

SINATRA-SMART SMOOTHIE

Making this drink is a daily ritual for me, and I consider it a solid preventative measure against degenerative illnesses like [heart disease](#), cancer and diabetes. By using a blender, rather than a juicer, I get all the insoluble fiber which helps make fruits and veggies so health-protective. While juicing will still provide plenty of [phytonutrients](#), vitamins, [antioxidants](#) and live enzymes, blending is better for making smoothies that [detoxify](#).

My general rule of thumb is to choose organic produce whenever possible. However, it is more important to "[go organic](#)" with some fruits and vegetables than others: peaches, apples, strawberries, raspberries, bell peppers, celery, carrots, kale, spinach and cucumber tend to have the highest pesticide contents, so be sure to find organic varieties of these!

In this recipe, I use the fruits and veggies listed below. I always try to include cruciferous vegetables like broccoli and cauliflower, which are full of [anti-cancer compounds](#), in my daily smoothie, as well as beets, which are great detoxifiers. I also like to add raspberries and [turmeric root](#) (1 to 2 inches), which act as protective antioxidants. Feel free to find a concoction that works for your taste buds – just remember "blend it" and "beets."

- Strawberries
- Cauliflower
- Blueberries
- Apple
- Broccoli
- Spinach
- Figs
- Pea sprouts
- Beets
- Ginger
- Kale
- Coconut juice
- [Pomegranate juice](#)

Place chopped fruits and vegetables of your choice in a blender, and add enough coconut water to blend smoothly. Pour into 2 to 4 glasses and enjoy!

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