



## HOW TO MAKE AN HERBAL SMOOTHIE

### *USING CHINESE HERBS*

**NOTE:** Our invoice will provide instructions on dosage and specific processing directions that pertain to your order; please refer to these instructions prior to preparing the formula.

Although the decoction/medicinal wine process are commonly used when preparing herbal tonics, raw herb formulas can easily be made into a smoothie. Many who find the whole decocting and aging process simply too much of a bother, can prepare their raw herb formula into a smoothie. And, although assimilation is somewhat slower you can still be assured the formula will be just as effective as if it were prepared as a decoction or medicinal wine. Below are step-by-step instructions on how to prepare a smoothie.

#### ***How is the smoothie made?***

The Chinese herbs in your raw herb formula must be ground down into a fine powder (by us or you can use a kitchen blender or coffee grinder). If you're powdering the herbs at home, don't dump all the herbs into the blender at once, first cut the bigger sticks and branches into smaller pieces and blend those, and as they are a harder substance expect this to take a few minutes, then add in the small leaves, seeds, and flowers (which are much softer and will blend quickly). The resulting powder should be mixed with fruit, juice and sweetener and blended to prepare a smoothie. Complete instructions on how to prepare a smoothie follow. Typical dosage is to drink 4 to 8 ounces of the smoothie daily but check the specific guidelines (on our invoice) for exact dosage.

#### ***Will it be as effective as a decocted tea?***

Yes, as long as you follow each step in the process correctly, use raw herbs that you are certain are of the highest quality and you will achieve the desired effects.

### **STEP-BY-STEP INSTRUCTIONS IN MAKING A SMOOTHIE**

Smoothies can be a nutritious and convenient meal replacement or refreshing way to consume Chinese herbal prescriptions. They're very easy to make, as well. Just a few basic ingredients blended together will render you a delicious smoothie in no time. To make a smoothie simply:

1. Take out your blender or food processor.

2. Start with the fruit combination of your choice . Fresh or frozen fruit will make up the base of your smoothie; however, you can make a delicious smoothie with reconstituted dried fruit. You can focus on one fruit, or add several. Here are some options to consider: bananas, apples, avocados, kiwis, peaches, strawberries, blueberries, raspberries, mangoes, pomegranates, oranges, watermelon, pineapple, etc. If you're looking for a good starter combination, try strawberry-banana-orange.
3. Add liquid. The other main part of your smoothie is the liquid you choose to add to it. Here are some possibilities: milk, soy milk, Greek yogurt, nut milk (such as almond or coconut), fruit juice or concentrate ice cream, sherbet or frozen yogurt, or sparkling water.
4. Add powdered Chinese herb; refer to the dosage amount described on our invoice.
5. Add a sweetener (to taste) such as: sugar, ripe bananas, honey, or agave nectar.
6. Add ice cubes (optional). Once everything's in the blender, put some ice cubes on top. For a single-serving smoothie, 3 or 4 should be plenty.
7. Put the lid on the blender, and turn it on medium. Then turn on "puree" for about 1 minute.
8. Turn off the blender and drink.



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