



HOW TO MAKE AN HERBAL SMOOTHIE

WITH CHINESE HERBS

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

Although the decoction and/or medicinal wine process are commonly used when preparing herbal tonics, 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-time is somewhat slower you can be assured the formula will be just as effective as if it were decocted or prepared as a 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 sticks and branches into smaller pieces and blend those—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. Typical daily dosage: 4 to 8 ounces of smoothie once or twice daily, and be sure to check the specific guidelines (on our invoice) for the exact herb dosage.

STEP-BY-STEP INSTRUCTIONS IN MAKING A SMOOTHIE

Smoothies can be a refreshing way to consume Chinese herbal prescriptions. They're very easy to make, as well. Just a few basic ingredients blended together will make 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. Use one or several different types of fruit. 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), fresh 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 (optional) such as: sugar, ripe bananas, honey, or agave nectar.
6. Add ice cubes (optional). Once everything is in the blender, put 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. *Enjoy!*



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