

# What are the smoothie **fillers**?

A Green Thickey is a healthy smoothie that is extremely filling. The word thickie means a thick filling smoothie. All the smoothies in this book contain an added '**filler**' so you can drink these smoothies as a meal replacement.

There are several fillers you can use to turn your dessert smoothie into a meal replacement.

It is very important to add a filler to your smoothie or you'll feel too hungry.

Choose 1 from the following list to add to your smoothie:

## **Fillers**

- **1/2 Cup of Oats/ Oat flour**
- **1/2 Cup of Quinoa**
- **1/2 Cup of Buckwheat**
- **2 small Bananas (in addition to any bananas already in the recipe)\*+ ^**
- **1 medium Mangos (1 cup) (in addition to any mangos already in the recipe)\*+ ^**
- **1/2 Avocado\*+ ^**
- **2 Tablespoons Coconut Butter\*+ ^**
- **1/3 Cup of Coconut Milk from a Can\*+ ^**
- **2 Tablespoons of Coconut Cream\*+ ^**
- **1/2 Cup Sweet Potato\*+ ^**
- **1/2 Cup White Potato\*+**
- **1/2 Cup Cooked Beans +**

- **1/4 Cup Seeds +**
- **3 Tablespoons Nuts +**
- **1.5 Tablespoons Nut Butter+**
- **1.5 Tablespoons Seed Butter+**

All of these fillers have roughly the same number of calories. Each smoothie serves 1 so you would consume one filler in each smoothie.

- \* Ingredients with a star are easier to blend
- + Ingredients with a plus symbol are grain free
- ^ Ingredients with this symbol are easier to digest.

## How to prepare the fillers

Most of the fillers can be added raw but to aid digestion, improve available nutrients and make the smoothies easier to blend it is advisable to prepare the fillers in the following ways:

- **Oats:** Soak these in the smoothie liquid overnight and add straight to the blender
- **Quinoa:** Rinse then soak these in the smoothie liquid overnight and add straight to the blender.
- **Buckwheat:** Rinse these and continue to rinse every couple of hours for 8 hours then add straight to the blender.
- **Sweet Potato:** Cook this first by steaming it for 10 minutes or baking it for 20 minutes

- **White Potato:** Steam this for 12 minutes and bake it under tender, about 45 minutes.
- **Cooked beans:** Rinse canned beans or follow packet instructions to soak and cook dried beans.
- **Seeds and nuts:** Soak over night, rinse and add to the blender.
- \* If using dates, it's also good to soak these overnight in the smoothie liquid and add it all to the blender.