# TRICK YOUR TASTE BUDS DESSERT SMOOTHIES CHEATSHEET

# 6 HACKS TO CREATE YOUR OWN DELICIOUS DESSERT SMOOTHES



# Trick Your Taste Buds Dessert Smoothie Cheatsheet

I am literally giving away all my secrets here. My most popular smoothie recipes are my dessert thickies as they taste just like dessert.

# I am going to tell you my secrets for turning any smoothie into something that tastes exactly like your favourite dessert.

If you have a sweet tooth you are going to love this.

I don't know about you, but often it's my sweet tooth that tempts me to eat food that isn't good for my health or my waistline. All those cakes, cookies, chocolates, desserts, sugary cereals, and candy - it keeps calling to me especially in the evening. Especially on a weekend when I really feel like I deserve a 'treat'.

But what if you could trick your taste buds into believing that the healthy smoothie you had made was really your favourite dessert?

Imagine yourself sitting on your sofa on a Saturday night and you have cravings for something sweet, something you feel is a treat for a hard week's work.

Now imagine yourself going to the fridge, grabbing a dessert smoothie, sitting down on the sofa and drinking something that tastes like heaven.



How would you feel the next day? Would you feel guilty? No not at all, because you are putting something healthy into your body.

What would you give not to experience that guilt you feel when you overindulge with something you didn't want to do?

I know how I feel. I feel strong, in control, empowered, proud of myself, healthy, full of energy and happy.

I want that for you too, which is why today I am sharing my secret method for making your smoothie taste just like dessert.

It is actually really simple.

There are four steps in the process of changing the taste of your healthy smoothie into your favourite dessert.

#### How to make a healthy smoothie

So before you can turn a healthy smoothie into a dessert smoothie, you need to make a healthy smoothie.

I suggest you use the following formula using your favourite fruit. This recipe serves 1

#### **Healthy Smoothie Recipe Base**

Cup of liquid (If you want a creamy, thicker smoothie, use milk as your liquid)
Cups of fruit
Cup of mild leafy greens such as Spinach (Optional but highly recommended - you won't taste them!)



Ok now we've got our healthy base ready to go, we're going to look at the 6 essential ingredients that make your smoothie taste exactly like dessert.

# The 6 Essential Ingredients to make a smoothie taste like your favourite dessert



The 6 essential ingredients that you will need to add to your smoothie to make it taste like your favourite dessert are as follows:

- 1. Nuts
- 2. Sweetener
- 3. Creamy ingredients
- 4. Flavour
- 5. Herbs and Spices
- 6. Salt

Next I will show you exactly what type of ingredients to add to your smoothie for the most amazing dessert like taste.

## 1: NUTS

Any type of nut will create a more dessert like taste. But there is one type of nuts that is my go to when I want to be certain my smoothie will taste like dessert.

# Pecans

Pecans have a very unique flavour because when they are combined with fruit, they take on that biscuity type flavour. So if your favourite dessert has some kind of pastry, or biscuit base, or it has some kind of wheat in it - like a cake, cookies or pies, then pecans will recreate that taste perfectly.

1 Tablespoon of pecans per serving is a good amount.



## 2: Sweetener



Your favourite dessert is sweet, so that means you have to make your smoothie much sweeter. I still focus on healthy ingredients here but as this is a treat, then go ahead and add as much of the following sweeteners to your smoothie so you achieve your desired sweetness. Add any of the following:

- Maple Syrup
- Raw Honey
- Stevia
- Dates
- Date paste/date syrup
- Molasses
- Rice Syrup
- Raisins

If you don't want the extra calories and don't mind the taste, add a few drops of Stevia. Otherwise add ¼ cup of dried fruit or 2 tablespoons of syrup as a general guideline.

# **3: Creamy Ingredients**



A lot of desserts are creamy, so you will want your smoothie to be creamy and possibly thick so it is more dessert like and more satisfying.

Here are some ingredients you can add to make your smoothie more creamy:

- Coconut milk from a can
- Coconut cream/dried coconut/coconut meat
- Oats
- Avocados
- Yoghurt
- Cottage Cheese
- Dairy Cream
- Creamy fruits such as bananas or mango

You have to watch the amount of cream you add as the calories from cream can add up fast, but a little will go a long way. Oats will make your smoothie thick and give it more of a biscuity type taste. To avoid some of the fat, you can add more creamy fruits such as bananas or mango.



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## 4: Flavour



The final but probably most important ingredient is flavour. Look at the ingredients in some of your favourite desserts. What flavours do they include? Do they have a citrus flavour, like orange, chocolate, mint or ginger? Are their flavours based on fruit such as apple pie? Lemon pie, pecan pie?

Really have a good read of all the ingredients. Don't buy it - search for it online so you are not tempted to eat it.



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One thing that will stand out will be all the nasty ingredients that you can't pronounce, that sound like chemicals - well they are. And that's exactly what devastates your health and keeps the weight piled on.

So it's good to be aware of ingredients in anything you put in your body.

But more specifically what we are looking for are the other flavours of the ingredients that you do recognise. Those are the flavours that you want to include - just make sure they are all natural and healthy whole foods.

You will have to experiment with how much of each ingredient to include so I would start with a small amount and add more.

For example I might add the juice of 1 or 2 lemons to one serving of smoothie to give it a delicious lemon taste.



#### 5: herbs and spices



While you are reading the ingredients in your favourite dessert you will probably see some herbs and spices such as cinnamon, nutmeg, allspice, salt, ginger and many more.

This is what you are going to add to your smoothie. You will need to experiment a bit, adding spices a little bit at a time, but eventually you are going to hit that sweet spot where it tastes just right.

As a general guideline, you will probably want to include between ½ to 1 teaspoon of spice in your smoothie.

If you are including cocoa/carob or cacao powder to make your smoothie a chocolate flavour, you will want to add this to taste. I would start with ¼ cup per serving.



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Something I do a lot in the winter is to add some hot spice to my smoothies such as cayenne pepper which works amazingly well.





Most of the salt in standard store bought desserts will be table salt, which isn't good for you. So we are going to add sea salt which is a health food.

Adding a pinch of salt gives it that perfect balance and re-creates the taste of your favourite dessert which more than likely will include salt.

One of my most popular smoothies ever is my Peanut Butter and Banana Green Thickie. I suspect it is the salt within the peanut butter that perfectly balances this smoothie and makes it ultra tasty.



But that's not all... Keep reading and I will show you the secret formula for perfectly satisfying all 6 elements of taste. If you include all 6 elements, your smoothie will be on it's way to tasting perfect.



# 6 Essential elements to creating the perfectly balanced tasty food



The secret to getting that perfect dessert like taste is to include all types of food that perfectly balance the taste buds.

The taste buds need to taste 5 different tastes to feel balanced and really enjoy the food that you are eating.

These 6 elements are:

- 1: Sweet (fruit, sweetener)
- 2: Spicy (Chili, Cinnamon, Nutmeg)
- 3: Salty (Sea Salt, Seaweed, Salted Peanut Butter, nuts)
- 4: Sour (Lemon, Lime, Orange, Vinegar)
- 5: Bitter (Greens, Coffee, Chocolate)
- 6: Fatty (Nuts, Seeds, Coconut, Dairy, Oil, avocado)

So this is another reason I like to include greens in every smoothie they actually balance the taste and it just doesn't taste right without them.

And fat is actually essential in our diet. So this is another reason I include nuts and seeds in my smoothies as I know they contain a good level of healthy fats.

And yes you can still lose weight by including fat in your diet. I have done it numerous times and get daily testimonials from people telling me how much weight they have lost by drinking Green Thickies.

Here is a graphic that will remind you of the 6 elements when you are creating your dessert smoothies.





So do you feel able to have a go at making your own dessert smoothies now?



It might seem a bit overwhelming at first, I am going to give you a free recipe for you to try to get a feel for how the ingredients all work together.

Keep reading to get one of the tastiest recipes you've ever tried.



# Lemon Meringue Pie Recipe



This is a very popular smoothie recipe of mine and if you like lemon - you will love this.

This recipe serves 2

# Ingredients

2 Cups Water

#### 4 Bananas

- 1/2 Cup **Dates** (or use your own healthy sweetener to taste)
- 2 Tablespoons Pecans

#### Juice of 3 Lemons

- 1 Teaspoon of **Cinnamon** (or to taste)
- Pinch of nutmeg
- 1 Cup **Spinach**, tightly packed or 2 cups loosely packed (optional)
- 1 **Filler** such as 1 cup of Oats (<u>Click here</u> to choose a different filler) Pinch of **Salt**

# Instructions

## Blend the ingredients in the following order:

- 1. Blend the dry ingredients and liquid first for a short time
- 2. Blend the greens next for a short time (if using)

3. Blend the fruit and the rest of the ingredients until smooth (or as smooth as your blender will allow. High speed blenders may need



2 minutes for a Green Thickie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

#### More tips:

Blending this way allows the dry ingredients to be blended for longest, it means the greens will fit in your blender and your fruit gets less blending so it doesn't become too hot.

- Add more water if required to thin it out.

- If your smoothie is too warm, you can cool it down in the fridge or freeze some of your ingredients before blending. You can also replace half of the liquids with ice. Add the ice at the end. It is better to add frozen ingredients at the end to cool the smoothie down.

If you loved this recipe and would like to get more of my Dessert Thickies recipes, <u>click here</u>.