

TOMATO JUICE SMOOTHIE

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian, Maintenance Plans)

It's fresh veggie season! Most everyone loves the taste of V-8, and clients often ask if they can drink it. However, some of the ingredients in V-8, along with the fiber being removed to create a juice, can cause your blood sugar to rise, thereby hindering weight loss. This recipe is more like a smoothie, retaining the fiber to help you feel full longer, aiding with digestion and keeping blood sugar under control. This is a quick and easy way to get your vegetable servings in for breakfast or lunch, especially when you're on the go. Just drink them! This recipe is approximately one serving, depending on the size of your veggies. One serving equals 1-1/2 cups raw vegetable.



INGREDIENTS

2 ice cubes

1/2 large tomato, cored and quartered

1/2 small cucumber, peeled and quartered

1/4 small jalapeno pepper, seeded (unless you like heat!)

1-2 tsp. fresh lime juice

Tabasco or Franks Hot Sauce, to taste (optional)



1/4 cup water

Pink Himalayan salt & pepper, to taste

Mint, basil, celery seed, Italian seasoning (optional)

INSTRUCTIONS

Place ingredients into a blender or Ninja/Bullet and blend until smooth. Add more water, if needed, for desired consistency.

For more variety, play with other veggies like celery, peppers, slice of sweet onion, etc., to make it to your liking.