

THE HERBAL BLEND BOOK



20 RESTORATIVE BLENDS FOR
WELLNESS, CLARITY & CALM.
BY STUART.K

VOL. 1

 WELCOME

THANKS FOR PICKING UP HERBAL
SMOOTHIES: VOLUME ONE — THE FOURTH
AND FINAL PART OF THIS FIRST SMOOTHIE
SERIES.

THIS BOOK IS ALL ABOUT EARTHY,
GROUNDING FLAVOURS THAT NOT ONLY
TASTE FRESH BUT OFFER REAL SUPPORT
FOR YOUR BODY AND MIND. HERBS HAVE
BEEN USED FOR CENTURIES FOR THEIR
NATURAL HEALING PROPERTIES, AND IN
THIS BOOK, WE BRING THEM INTO
EVERYDAY SMOOTHIES IN EASY, CREATIVE
WAYS.

I'M NOT A HERBALIST OR A HEALTH GURU
— JUST SOMEONE WHO BELIEVES WE CAN
FEEL BETTER AND LIVE CLEANER BY GOING
BACK TO NATURE. THESE BLENDS ARE HERE
TO SHOW THAT HEALTH DOESN'T HAVE TO
BE COMPLICATED. JUST GRAB SOME FRESH
HERBS, REAL FRUIT, AND A BLENDER.
SIMPLE.

LET'S GET INTO IT AND ROUND THIS SERIES
OFF WITH A BIT OF CALM, CLARITY, AND
HERBAL GOODNESS.

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 CHAPTER ONE:

REFRESH & REBOOT BLENDS

THIS CHAPTER'S ALL ABOUT WAKING UP YOUR SENSES AND GETTING A FRESH START — WHETHER THAT'S IN THE MORNING, AFTER A LONG DAY, OR WHEN YOUR ENERGY'S HIT THE FLOOR. THESE BLENDS COMBINE COOLING HERBS WITH JUICY FRUITS TO HYDRATE, RECHARGE, AND GIVE YOUR BODY A LITTLE RESET. THINK BASIL, MINT, ROSEMARY AND THYME — ALL BLENDED UP WITH VIBRANT PRODUCE TO REFRESH YOUR SYSTEM AND GET THINGS FLOWING AGAIN. LET'S DIVE IN.



1. BASIL BERRY BOOST



INGREDIENTS

- 1 CUP FRESH BASIL LEAVES
- 1 CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
 - ½ BANANA
- 1 CUP ALMOND MILK
- 1 TSP HONEY (OPTIONAL)



INSTRUCTIONS

- RINSE BASIL THOROUGHLY.
- ADD ALL INGREDIENTS TO YOUR BLENDER.
- BLEND ON HIGH FOR 30-45 SECONDS UNTIL SMOOTH.
- ADD MORE ALMOND MILK IF YOU'D LIKE IT THINNER.
- ADJUST HONEY TO TASTE.



HEALTH BENEFITS

- BASIL: PACKED WITH VITAMIN K AND ANTIOXIDANTS THAT HELP CALM INFLAMMATION.
- BERRIES: RICH IN VITAMIN C AND FIBRE FOR IMMUNE AND HEART HEALTH.

🌿 2. MINTY MANGO GLOW

🧴 INGREDIENTS

- 1 CUP FRESH MINT LEAVES
- 1 CUP DICED RIPE MANGO
- ½ CUP PLAIN YOGHURT
- ½ CUP WATER OR ICE
- A SQUEEZE OF FRESH LIME JUICE

🌀 INSTRUCTIONS

- RINSE MINT AND PAT DRY.
- BLEND ALL INGREDIENTS UNTIL CREAMY.
- LIME ADDS ZING AND BALANCES THE SWEET MANGO.

💡 HEALTH BENEFITS

- MINT: SOOTHES DIGESTION AND REFRESHES NATURALLY.
- MANGO: HIGH IN VITAMIN A AND C TO SUPPORT EYES AND IMMUNE FUNCTION.

🌿 3. ROSEMARY PEACH FUSION

🧴 INGREDIENTS

- 1 SMALL SPRIG OF ROSEMARY (LEAVES ONLY)
- 2 RIPE PEACHES, PITTED
- 1 CUP ALMOND MILK
- 1 TSP AGAVE OR HONEY (OPTIONAL)
- ½ CUP ICE

🌀 INSTRUCTIONS

- STRIP AND RINSE ROSEMARY LEAVES.
- BLEND ALL INGREDIENTS UNTIL SILKY.
- USE A SMALL AMOUNT OF ROSEMARY — IT'S POTENT!

💡 HEALTH BENEFITS

- ROSEMARY: MAY SUPPORT BRAIN FUNCTION WITH ITS ANTI-INFLAMMATORY COMPOUNDS.
- PEACHES: GREAT FOR SKIN AND IMMUNE HEALTH.

 4. THYME WATERMELON QUENCH INGREDIENTS

- 1 TBSP FRESH THYME LEAVES
- 2 CUPS DICED WATERMELON
- ½ CUP CUCUMBER
- JUICE OF ½ LIME
- ICE CUBES

 INSTRUCTIONS

- RINSE THYME AND PREP ALL PRODUCE.
- BLEND UNTIL SMOOTH AND REFRESHING.
- SERVE STRAIGHT AWAY FOR A COOL, HYDRATING KICK.

 HEALTH BENEFITS

- THYME: NATURALLY ANTIMICROBIAL AND RICH IN VITAMIN C.
- WATERMELON: SUPER HYDRATING AND FULL OF SKIN-LOVING LYCOPENE.

 5. CILANTRO CUCUMBER COOLER INGREDIENTS

- ½ CUP FRESH CILANTRO
- 1 CUP CHOPPED CUCUMBER
- ½ GREEN APPLE
- JUICE OF ½ LEMON
- 1 CUP WATER

 INSTRUCTIONS

- WASH ALL INGREDIENTS WELL.
- BLEND UNTIL SMOOTH AND SERVE CHILLED.
- ADD MORE LEMON JUICE FOR ZING.

 HEALTH BENEFITS

- CILANTRO: SUPPORTS NATURAL DETOX AND HEAVY METAL REMOVAL.
- CUCUMBER: HYDRATES AND HELPS BALANCE ELECTROLYTES.

THIS CHAPTER'S ALL ABOUT GIVING YOUR BODY A HELPING HAND WHEN IT COMES TO DEFENCE AND RECOVERY. WHETHER YOU'RE FIGHTING SOMETHING OFF, DEALING WITH ACES AND PAINS, OR JUST WANT TO STAY ONE STEP AHEAD, THESE BLENDS BRING THE GOODS. THINK TURMERIC, ECHINACEA, ELDERFLOWER, AND OTHER HERBAL ALLIES KNOWN FOR THEIR IMMUNE-BOOSTING AND ANTI-INFLAMMATORY BENEFITS — ALL BLENDED INTO TASTY, EASY-TO-SIP SMOOTHIES.

THESE ARE YOUR GO-TOS FOR COLD SEASON, POST-WORKOUT RECOVERY, OR JUST WHEN YOU FEEL LIKE YOUR SYSTEM NEEDS A BIT OF BACKUP.



6. PARSLEY PINEAPPLE REFRESH



INGREDIENTS

- 1 CUP FRESH PARSLEY (BRIGHT GREEN LEAVES)
- 1 CUP DICED PINEAPPLE (FRESH OR FROZEN)
 - ½ BANANA
 - ½ CUP COCONUT WATER
 - ICE (OPTIONAL)



INSTRUCTIONS

- RINSE THE PARSLEY THOROUGHLY.
- BLEND ALL INGREDIENTS UNTIL VIBRANT AND SMOOTH.
- ADD LIME JUICE FOR AN EXTRA TROPICAL LIFT.



HEALTH BENEFITS

- PARSLEY: RICH IN VITAMINS K, C, AND IRON
- PINEAPPLE: CONTAINS BROMELAIN — GREAT FOR DIGESTION AND INFLAMMATION

 7. SAGE CITRUS DELIGHT INGREDIENTS

- 4 FRESH SAGE LEAVES
- 1 ORANGE (PEELED)
- ½ CUP PINEAPPLE CHUNKS
- 1 CUP WATER OR ORANGE JUICE
- ½ CUP ICE

 INSTRUCTIONS

- RINSE SAGE AND PEEL FRUIT.
- BLEND EVERYTHING TOGETHER UNTIL SMOOTH.
- USE FEWER SAGE LEAVES IF YOU'RE NEW TO THE FLAVOUR.

 HEALTH BENEFITS

- SAGE: THOUGHT TO SUPPORT BRAIN HEALTH AND MEMORY
- ORANGE & PINEAPPLE: LOADED WITH VITAMIN C AND ANTIOXIDANTS

 8. LAVENDER BLUEBERRY CALM INGREDIENTS

- ½ TSP DRIED CULINARY LAVENDER
- 1 CUP BLUEBERRIES
- ½ BANANA
- 1 CUP ALMOND MILK
- 1 TSP HONEY (OPTIONAL)

 INSTRUCTIONS

- MAKE SURE LAVENDER IS FOOD-GRADE.
- BLEND ALL INGREDIENTS UNTIL SMOOTH AND FLORAL.
- ADJUST SWEETNESS TO TASTE.

 HEALTH BENEFITS

- LAVENDER: CALMING, SUPPORTS STRESS RELIEF
- BLUEBERRIES: PACKED WITH ANTIOXIDANTS AND VITAMIN C



INGREDIENTS

- 1 HANDFUL FRESH LEMON BALM LEAVES
- 1 GREEN APPLE, CORED
- ½ CUP SPINACH
- 1 CUP WATER
- JUICE OF ½ LEMON



INSTRUCTIONS

- RINSE HERBS AND GREENS.
- BLEND EVERYTHING UNTIL BRIGHT GREEN AND SMOOTH.
- ADD EXTRA LEMON JUICE IF YOU LIKE IT TART.



HEALTH BENEFITS

- LEMON BALM: HELPS WITH RELAXATION AND MOOD
- APPLE & SPINACH: PROVIDE FIBRE, IRON, AND VITAMIN C



10. DILL CARROT CLEANSE



INGREDIENTS

- 1 TBSP FRESH DILL
- 2 MEDIUM CARROTS, PEELED
- 1 ORANGE, PEELED
- 1 CUP WATER
- ICE (OPTIONAL)



INSTRUCTIONS

- CHOP CARROTS FOR EASIER BLENDING.
- BLEND WITH DILL, ORANGE, AND WATER.
- ADD A BIT OF APPLE TO SWEETEN IF NEEDED.



HEALTH BENEFITS

- DILL: MAY SOOTHE DIGESTION AND BLOATING
- CARROTS: HIGH IN BETA-CAROTENE (VITAMIN A) FOR VISION AND IMMUNE STRENGTH

THIS CHAPTER IS FOR THOSE DAYS WHEN YOU JUST WANT TO HIT RESET. WHETHER IT'S AFTER A HEAVY MEAL, A BIT TOO MUCH WEEKEND INDULGENCE, OR JUST WHEN YOUR GUT FEELS OFF — THESE BLENDS ARE DESIGNED TO SUPPORT DIGESTION AND GIVE YOUR SYSTEM A GENTLE NUDGE IN THE RIGHT DIRECTION. YOU'LL FIND HERBS HERE LIKE FENNEL, NETTLE, CHAMOMILE, AND DANDELION — ALL KNOWN FOR THEIR CALMING, CLEANSING PROPERTIES. COMBINED WITH LIGHT, HYDRATING FRUITS AND VEGGIES, THEY MAKE THE PERFECT BLENDS FOR REALIGNING YOUR GUT AND CLEARING OUT WHAT DOESN'T BELONG. LET'S GET THINGS MOVING — IN THE RIGHT WAY.



11. OREGANO TOMATO TONIC



INGREDIENTS

- 1 TBSP FRESH OREGANO LEAVES (ROBUSTLY AROMATIC)
- 1 CUP RIPE TOMATOES, CHOPPED
 - ½ CUP CUCUMBER
 - ½ TSP SEA SALT
- 1 CUP WATER OR TOMATO JUICE



INSTRUCTIONS

- RINSE OREGANO LEAVES WELL.
- BLEND ALL INGREDIENTS UNTIL SMOOTH.
- SERVE CHILLED — LIKE A REFRESHING GAZPACHO-STYLE TONIC.
- ADD BLACK PEPPER OR JALAPEÑO IF YOU LIKE IT SPICY.



HEALTH BENEFITS

- OREGANO: HIGH IN ANTIOXIDANTS, SUPPORTS IMMUNITY
- TOMATOES: RICH IN LYCOPENE, VITAMIN C, AND POTASSIUM — GREAT FOR HEART HEALTH

 12. TARRAGON PEAR PLEASURE INGREDIENTS

- 1 TBSP FRESH TARRAGON (DELICATE LIQUORICE FLAVOUR)
- 1 RIPE PEAR, CORED AND CHOPPED
 - ½ CUP PLAIN YOGHURT
 - ½ CUP WATER
- 1 TSP HONEY (OPTIONAL)

 INSTRUCTIONS

- GENTLY WASH TARRAGON LEAVES.
- BLEND ALL INGREDIENTS UNTIL SMOOTH AND CREAMY.
- ADJUST HONEY TO YOUR TASTE.

 HEALTH BENEFITS

- TARRAGON: MAY SUPPORT DIGESTION AND REDUCE BLOATING
- PEAR: HIGH IN FIBRE AND VITAMIN C FOR GUT AND IMMUNE SUPPORT

 13. PEPPERMINT CHOCOLATE CHILL INGREDIENTS

- 1 CUP FRESH PEPPERMINT LEAVES
- 1 TBSP UNSWEETENED COCOA POWDER
 - 1 FROZEN BANANA
 - 1 CUP ALMOND MILK
- 1 TSP MAPLE SYRUP OR SWEETENER (OPTIONAL)

 INSTRUCTIONS

- RINSE PEPPERMINT WELL.
- BLEND ALL INGREDIENTS UNTIL RICH AND SMOOTH.
- THE FROZEN BANANA GIVES IT A MILKSHAKE TEXTURE — NO ICE NEEDED.

 HEALTH BENEFITS

- PEPPERMINT: MAY EASE DIGESTION AND RELIEVE BLOATING
- COCOA: RICH IN FLAVONOIDS TO SUPPORT HEART AND BRAIN HEALTH

 14. FENNEL STRAWBERRY ZING INGREDIENTS

- ½ CUP FENNEL BULB SLICES (OR FRONDS FOR Milder TASTE)
- 1 CUP STRAWBERRIES, HULLED
- ½ INCH FRESH GINGER (OPTIONAL)
 - 1 CUP WATER
 - ICE (OPTIONAL)

 INSTRUCTIONS

- PREP FENNEL AND BERRIES.
- BLEND ALL INGREDIENTS UNTIL WELL-COMBINED.
- ADD GINGER FOR A SPICY TWIST — OR LEAVE IT OUT IF YOU PREFER A GENTLE ZING.

 HEALTH BENEFITS

- FENNEL: SUPPORTS GUT HEALTH AND REDUCES BLOATING
- STRAWBERRIES: LOADED WITH VITAMIN C AND ANTIOXIDANTS

 15. MARJORAM MELON MEDLEY INGREDIENTS

- 1 TBSP FRESH MARJORAM LEAVES
- 1 CUP HONEYDEW MELON
- ½ CUP PINEAPPLE CHUNKS
- ½ CUP COCONUT WATER
- ICE CUBES

 INSTRUCTIONS

- RINSE MARJORAM LEAVES.
- BLEND ALL INGREDIENTS UNTIL SMOOTH AND JUICY.
- SERVE OVER ICE OR CHILLED.

 HEALTH BENEFITS

- MARJORAM: MAY AID DIGESTION AND EASE TENSION
- HONEYDEW: ULTRA-HYDRATING AND RICH IN POTASSIUM

CHAPTER FOUR: CALM & CLARITY BLENDS
THIS FINAL CHAPTER IS ALL ABOUT EASING INTO BALANCE — BLENDS DESIGNED TO CALM THE NERVOUS SYSTEM, CLEAR MENTAL FOG, AND SUPPORT EMOTIONAL WELLBEING.

THESE ARE THE KINDS OF SMOOTHIES THAT FEEL LIKE A DEEP BREATH IN A GLASS. WITH CALMING HERBS LIKE CHAMOMILE, LEMON VERBENA, PASSIONFLOWER, AND CATNIP (YES, IT'S NOT JUST FOR CATS), THESE RECIPES ARE PERFECT FOR WINDING DOWN AFTER A LONG DAY OR STARTING THE MORNING WITH A STEADY, CLEAR MIND.

WHETHER YOU'RE FEELING A BIT FRAZZLED OR JUST WANT TO STAY CENTRED, THESE ARE THE BLENDS TO COME BACK TO AGAIN AND AGAIN.



16. LEMONGRASS TROPICAL BLISS



INGREDIENTS

- 1 STALK FRESH LEMONGRASS (TENDER INNER PART ONLY)
- 1 CUP PINEAPPLE (SWEET AND JUICY)
- 1 CUP COCONUT MILK
- ½ BANANA
- ICE



INSTRUCTIONS

- PEEL THE OUTER LAYERS OF LEMONGRASS, CHOP THE SOFT CORE.
- BLEND ALL INGREDIENTS UNTIL SMOOTH AND CREAMY.
- ADD MORE COCONUT MILK OR WATER TO THIN, IF NEEDED.



HEALTH BENEFITS

- LEMONGRASS: SUPPORTS DIGESTION AND BRINGS A FRESH CITRUS NOTE
- PINEAPPLE: RICH IN VITAMIN C AND BROMELAIN FOR IMMUNITY AND GUT HEALTH



INGREDIENTS

- 1 HANDFUL FRESH HOLY BASIL (TULSI) LEAVES
- 1 CUP COCONUT WATER
- ½ TSP TURMERIC POWDER (OR SMALL KNOB FRESH)
- 1 TSP HONEY (OPTIONAL)
- A PINCH OF BLACK PEPPER



INSTRUCTIONS

- RINSE BASIL LEAVES GENTLY.
- BLEND ALL INGREDIENTS UNTIL SMOOTH AND VIBRANT.
- ADJUST TURMERIC AND SWEETNESS TO TASTE.



HEALTH BENEFITS

- HOLY BASIL (TULSI): A CALMING ADAPTOGEN FOR STRESS AND IMMUNE SUPPORT
- TURMERIC: ANTI-INFLAMMATORY, ESPECIALLY WHEN COMBINED WITH BLACK PEPPER



18. GINGER-MINT WATERMELON ZEST



INGREDIENTS

- 1 CUP FRESH MINT LEAVES
- 1 INCH FRESH GINGER ROOT
- 2 CUPS WATERMELON (SEEDLESS)
- JUICE OF ½ LEMON
- ICE



INSTRUCTIONS

- RINSE MINT AND PEEL GINGER.
- BLEND ALL INGREDIENTS UNTIL FROTHY AND REFRESHING.
- ADD EXTRA ICE FOR A COOLING SLUSH.



HEALTH BENEFITS

- MINT & GINGER: SOOTHE THE STOMACH AND SUPPORT DIGESTION
- WATERMELON: ULTRA-HYDRATING WITH VITAMINS A AND C

 19. SPEARMINT LIMEADE LIFT INGREDIENTS

- 1 CUP SPEARMINT LEAVES (SOFTER THAN PEPPERMINT)
- JUICE OF 1 LIME
- 1 CUP COLD WATER
- 1 TBSP HONEY OR AGAVE
- ICE

 INSTRUCTIONS

- RINSE SPEARMINT LEAVES.
- BLEND EVERYTHING UNTIL LIGHT AND CRISP.
- ADJUST SWEETNESS TO TASTE.

 HEALTH BENEFITS

- SPEARMINT: MAY EASE HEADACHES AND CALM NAUSEA
- LIME: BOOSTS VITAMIN C AND SUPPORTS DIGESTION

 20. CILANTRO KIWI KICKSTART INGREDIENTS

- ½ CUP FRESH CILANTRO
- 2 KIWIS, PEELED
- ½ CUP SPINACH
- 1 CUP WATER OR COCONUT WATER
- 1 TSP HONEY (OPTIONAL)

 INSTRUCTIONS

- WASH ALL GREENS.
- PEEL KIWIS AND BLEND UNTIL SMOOTH AND VIBRANT GREEN.
- ADD HONEY FOR A SWEETER SIP.

 HEALTH BENEFITS

- CILANTRO: HELPS DETOX HEAVY METALS AND SUPPORTS DIGESTION
- KIWI: FULL OF FIBRE AND VITAMIN C FOR IMMUNE AND GUT HEALTH

 THANKS FOR SHARING THE JOURNEY
AND THAT'S A WRAP ON VOLUME ONE OF
HERBAL SMOOTHIES — THE FINAL CHAPTER IN
THIS FIRST SMOOTHIE SERIES. IF YOU'VE MADE
IT THIS FAR, I HOPE YOU'RE FEELING THE
BENEFITS OF SLOWING THINGS DOWN, TUNING
IN, AND LETTING NATURAL INGREDIENTS DO
WHAT THEY'VE ALWAYS DONE BEST.

THESE BLENDS WEREN'T CREATED TO BE
PERFECT. THEY'RE HERE TO INSPIRE A GENTLER
WAY OF LIVING — ONE THAT BRINGS TOGETHER
FLAVOUR, FUNCTION, AND A BIT OF TIME TO
BREATHE. WHETHER YOU'RE IN NEED OF
ENERGY, CLARITY, CALM OR JUST A MOMENT TO
RESET, THERE'S SOMETHING IN HERE FOR YOU
TO COME BACK TO WHENEVER YOU NEED IT.
THANKS FOR BLENDING WITH ME THROUGH
HERBS, VEG, FRUITS, AND NOW FULL CIRCLE
BACK TO HERBAL HEALING. THERE'S MORE TO
COME — SO STAY TUNED, STAY GROUNDED, AND
KEEP DOING WHAT YOU CAN TO LIVE WELL.

— STUART.K