

## How to Eat A Salad for Breakfast

A Salad.



*Figure 1: A conventional salad, useful principally for attracting other, better food.  
Source: Wikipedia.org*

### Why?

The word “salad” has a somewhat broad range of culinary uses, but the most common image of the salad in American culture is a bowl of one or more leafy greens, mixed with other select vegetables or fruits, often tossed with some variety of dressing. It is generally accepted, over the protests of a vocal minority, that such salads are dismal and unappetizing affairs, fit at best for catching rabbits. A growing body of nutritional research, however, shows that dark, leafy greens can contain huge amounts of vitamins and nutrients, making them a worthwhile addition to any diet. As a result, the popularity of such vegetables, and of recipes that incorporate them, has soared. It can be difficult to find room in one’s diet for things like kale, spinach, or collard greens, particularly for those with little or no familiarity with them, but one popular and easy method is to incorporate them into fruit and vegetable smoothies, or “breakfast salads”.

## Varieties of Healthy Greens.

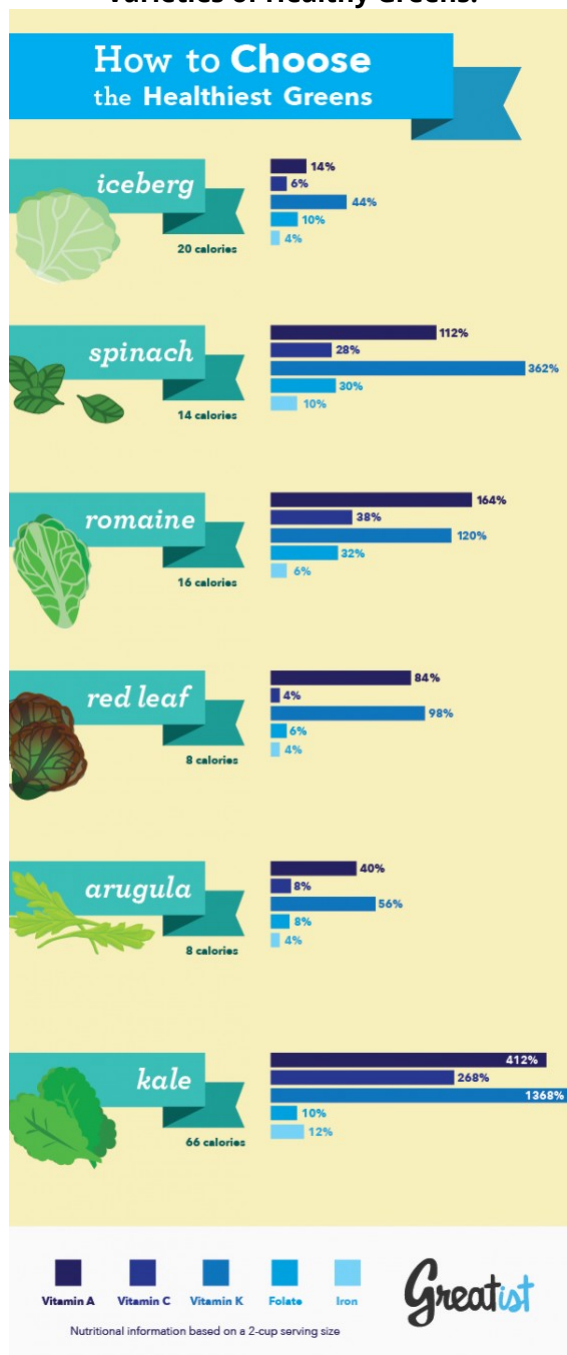


Figure 2: Different types of leafy greens offer different nutritional profiles. Try rotating varieties, or even blending two or more.

Source: Greatist.com

## What?

Despite their bitterness in isolation, many leafy greens have relatively mild flavor, making it quite easy to mask their undesirable taste with more pleasant ingredients, such as fruits. Given that fruits are also frequently high in nutritional value, the combination makes for a dietary powerhouse. A traditional salad, though, does little to integrate the flavors of its ingredients, and can be somewhat difficult to eat quickly or on-the-go. By combining greens and fruits with a liquid base in a blender, these disadvantages are easily overcome.

## How?

The first step in any food preparation is selection of ingredients. Although there are many possible ingredients to a healthful breakfast salad, there are only three necessary components: A leafy green, a fruit, and a liquid.

## Choosing Your Greens

Most supermarkets today offer a wide selection of greens, each with its own virtues. Kale is among the most nutrient-dense, for example, while spinach is high in iron and has among the mildest flavors. Chard is also a popular choice, as is Romaine lettuce. Other lettuces can work, as well, but avoid iceberg, as it adds very little nutrition. Try to buy fresh ingredients whenever possible – when buying whole, leaves and ribs should still be firm, able to support their own weight, and with little to no browning. In the interest of convenience, pre-washed and -cut bags of greens are also often available.

## Fruits

There are no “wrong” choices among fruits. Juicier fruits, such as oranges, peaches, or grapes tend to work well, as do berries and bananas. Choose one to three, according to your tastes. While freshness is also important in fruit selection, it can be desirable to use a mixture of fresh and frozen fruits. This not only allows you to choose things that are out of season or otherwise difficult to find, but renders the final result pleasingly cold.

## Dressings

The liquid component can be as basic as water, but better results are achieved using something with more flavor and viscosity. Milk and yogurt work well – in the case of yogurt, opt for a thinner style, such as Kefir or Bulgarian yoghurt. Nut milks, like almond, cashew, or coconut, are also excellent. Fruit juices can be appealing, but avoid those with added sugar or preservatives.

### Non-Dairy Milks.



*Figure 3: A wide variety of non-dairy milk alternatives are readily available, and can be made from nuts, legumes, or even grains.*

*Source: FoodNavigator-USA.com*

### A Properly Loaded Blender.



*Figure 4: A blender pitcher properly loaded, with fresh fruit visible above the greens, and the liquid component covering the majority of the produce.*

*Source: honeyhero.wordpress.com*

## Preparation

Because some of the nutrients in fresh fruits and vegetables break down faster after being processed in a blender, it is best to prepare your breakfast salad shortly before consumption. First, rinse any fresh produce to remove dirt and detritus. Remove pits and stones from any fruit that has them, and rinds from citrus fruits. Removing stems and ribs from leafy greens can improve the smoothness of the final product, but it is not necessary.

Solid ingredients should then be loaded into the blender's vessel in a particular order to maximize the effectiveness of blending – these instructions will presume a typical top-loading blender, but solids should be loaded in reverse order in single-serving blenders for which the vessel will be inverted.

1. Frozen fruit – ½ to one cup, or about 15-30% of the total produce
2. Greens – One to one and a half cups, packed, for a single serving, or about 40-50% of the total produce
3. Fresh fruit – ½ to two cups, or about 15-60% of the total produce

Adding frozen fruit to the vessel first allows maximum contact with the blades, for optimal dispersion throughout the final product. Adding fresh fruits after the greens, meanwhile, ensures some downward pressure on the less-dense mass of greens, preventing them from being thrown outward and not blended.

After the produce is added to the vessel, add the liquid component – one to two cups, or until it appears to cover around 70-80% of the produce. When using a standard top-loading blender, you may wish to be more conservative with the liquid component, as it is easy to add more after blending to adjust viscosity. Once all the ingredients are loaded in, seal the vessel, blend thoroughly, and enjoy.

## Additions

Beyond the basics, there are nearly unlimited options for expanding your breakfast salad's flavor and nutritional profiles. Two of the most valuable types of auxiliary ingredients are fats and grains. Adding a tablespoon of nut butter or coconut oil will increase the sense of fullness the meal provides, while giving it a silkier texture. Whole grains like oats or quinoa, and seeds like flax and chia, add proteins and carbohydrates, providing lasting energy. To avoid graininess, soak seeds and grains in a portion of your liquid component for ten minutes or more prior to blending. Spices such as cinnamon or turmeric can also be added, but should be used sparingly. If increased sweetness is desired, try dried dates or figs instead of refined sugar.

### Optional Add-Ins.



*Figure 5: Popular additions to smoothies include nuts and nut butters, seeds, grains, cacao powder, and more.  
Source: ReallyAreYouSerious.com*



### **A Finished Smoothie.**



*Figure 6: Even when it is the color of freshly-mowed lawn, a properly-made smoothie makes for a delicious way to start the day.*

*Source: SimplyRecipes.com*

### **Conclusion**

A successfully smoothied salad will be not only healthy, but rich, smooth, and delicious. The chlorophyll in the leafy greens contributes strongly to the color, which can range from dazzling bright green to dull brown to purple or red, depending on the fruits included. The basic structure of the smoothied salad is incredibly versatile, so experiment with different combinations of ingredients. Rare is the person who will not enjoy some combination of fruit flavors, and rarer still the person who could not use extra servings of fruits and greens in their diet.