



*Sensational  
Smoothies  
and Juices*

# Smoothies

## Smoothies:

### Tips:

- *Stock up on organic frozen fruits, since they're convenient to use in your smoothie and they're also very refreshing.*
- *Freeze bananas and berries!*
- *Use unsweetened almond milk or coconut milk.*
- *A high-quality protein powder is great to add to smoothies, especially if you're making one for a morning meal or snack.*
- *Have fun and get creative with ingredients you have on hand.*

## Blueberry Banana

Serves: 1

- 250ml coconut or unsweetened almond milk
- 1 scoop protein powder (optional, but good to add!)
- 25g ground chia seeds (optional)
- 200g blueberries (can use frozen)
- 1 banana (Tip: Freeze some bananas for making your smoothies, you can add them right in frozen!)
- 100g spinach
- 50g tahini (or organic unsweetened nut butter, like almond)
- Add 2g cinnamon if you want a warmer feel (optional)

Mix well in blender, adding in a little ice if you like, while blending.

## Nutty Fruit Smoothie

Serves: 1

Ingredients:

- 125ml unsweetened almond milk
- 125ml water
- 25-50g almond butter
- 20g ground flax seed
- 100g berries (fresh or frozen)
- ½ banana
- 1 handful spinach

Directions:

Blend to desired consistency adding a little ice if you like, while blending.

## Green Tea and Melon Smoothie

Serves: 2

Ingredients:

- 600g melon
- 200g baby spinach
- 375ml strong brewed green tea (Make a pitcher and store in fridge, then you have a nice refreshing glass of tea ready for you, too!)
- 1 medium ripe avocado
- 18g honey

Prepare:

Combine all ingredients in a blender and enjoy immediately!

**Tip:** Double up on the tea bags to brew strong tea and make sure to not “over-steep”. 3-5 minutes is plenty.

## **Nutty 'Nana**

Serves: 2

- 1 banana, broken into chunks
- 250ml unsweetened almond milk
- 65g nut butter
- 25g honey, or to taste
- 250ml of ice, or to taste

Mix all in blender

## **Green Smoothie**

Serves: 1

- 100g-150g kale or collard greens firmly packed, stems removed, coarsely chopped
- 1 Granny Smith apple, coarsely chopped
- 1 ripe banana
- 50g loosely packed fresh flat-leaf parsley leaves
- 500ml water (plus more if needed)

Prepare:

Combine all ingredients in a blender, and blend until smooth.

If too thick, add a little more water.

# Juices

**Tip:** Use organic vegetables and fruits whenever possible. Always wash fruits and vegetables thoroughly. Play around with combinations, use fruits and vegetables that look nice and fresh in your local market. All juices listed below are one serving.

## **Morning Awakening:**

- 1/2 pink grapefruit
- 1 orange
- 8 strawberries

Peel orange and grapefruit, always leaving as much of the white “pith” or flesh as possible. Cut up the fruit into segments and juice all together with strawberries.

## **Wake-Up and Blush:**

- 1 (2,5-5cm thick) pineapple round (skin removed)
- 1/2 to one whole pink grapefruit (peeled, leaving white pith)
- 1 orange (peeled)

Blend all in juicer

## **Pink Lady:**

- 1/2 to one whole peeled grapefruit
- 2 apples (cut into wedges)

Blend all in juicer

**Vic's Favorite:**

- 2 oranges, peeled
- 3 carrots (trimmed and cut into 5-7,5cm pieces)
- 2 apples (cut into wedges)

Blend all in juicer

**Winter Pick-Me-Up:**

- 6 carrots (trimmed and cut into 5-7,5cm pieces)
- 1/2 beet (cut into small wedges)
- 3-4 sprigs of parsley

Blend all in juicer.

**Spinach & Carrot:**

- 6-7 carrots (trimmed and cut into 5-7,5cm pieces)
- large handful of spinach

Start with some of the carrot, add in spinach, end with carrots, blending all in juicer.