

JUICE AND SMOOTHIE RECIPES

SMOOTHIES

GINGER BERRY SMOOTHIE

Alfalfa ½ cup
Ginger root 1inch cube (skin scraped off)
Blueberries ½ cup
1 tbsp flax (soaked whole or ground)
1 tsp coconut oil
1 cm slice of coconut (coconut blocks available at all supermarkets)
250ml pure filtered or spring water (or 1 cup of coconut/almond/hemp milk)

RASPBERRY MINT SMOOTHIE

¼ cucumber
raspberries, ½ cup
4 mint leaves
4 basil leaves
250ml coconut/almond or hemp milk
or
1cm slice of coconut + 1 cup water

GREEN GOODNESS SMOOTHIE

Spinach, 1 cup
Banana ½ (unripe/no brown spots)
Raspberries, ½ cup
Blueberries, ½ cup
½ cup coconut /hemp or almond milk
½ cup pure water

STRAWBERRY NUT SMOOTHIE

½ cup frozen strawberries
1-2 scoops vanilla protein powder, (Nuzest is zero sugar)
20g almonds
1 tbsp organic maca powder (Naturya is the one I use)
1-2 tsp organic spirulina powder or a handful of greens (Naturya)
250-300ml almond milk (Plenish is a good brand)

Holy Cocoa

½ frozen banana
1-2 tbsp raw organic cocoa powder
1 tbsp organic maca powder
2tbsp hulled hemp hearts
250-300ml plant milk

CRUNCHY BANANA & PEANUT BUTTER SMOOTHIE BOWL

Ingredients:

½ frozen banana, chopped
1 tbsp peanut butter
1 tsp maca
½ tsp cinnamon
250-300ml almond milk

Peel banana, chop in half, place in a plastic food bag and freeze overnight.

In the morning, pop everything in a blender and blend on high until smooth.

BERRY SMOOTHIE BOWL

Juice (Cold pressed juicers give the most nutrients).

1 medium raw beetroot
1 inch turmeric root
2-inch ginger root
1 unwaxed lemon
¼ cucumber
1 small apple

Blend

½ avocado
1 cube of frozen wheatgrass or 1tbsp of wheatgrass powder
½ frozen banana
½ cup frozen sour cherries
1 scoop zinobiotic or other prebiotic fibre blend

Method:

Pop the juice ingredients into your juicer, then add the juice to a blender such as a Vitamix or Nutri Bullet. Add the avocado, wheatgrass, banana and sour cherries.

Blend until smooth, approximately 20 seconds.

Tip you can make a batch of juice and keep it in the freezer for future smoothie bowls. Keep in small glass jars, just be sure not to fill all the way to the top, or the glass may crack as the juice expands.

STRAWBERRY, VANILLA, AND MACA SMOOTHIE

250ml almond milk

1 heaped tbsp maca powder

1-2 scoops sugar free low carb vanilla protein (Nuzest is good)

½ cup fresh or frozen strawberries

1 scoop zinobiotic or other prebiotic fibre blend

Add all ingredients to a blender such as a Vitamix or Nutribullet, blend on high until smooth. If using frozen strawberries, blend until room temperature.

TURMERIC GOLD

Juice (Cold pressed juicers give the most nutrients).

2 carrots

4 turmeric roots

1 lemon (unwaxed)

½ apple or 1 small apple

To ensure absorption of turmeric, place in a blender with ½ an avocado, or 1tbsp coconut oil, or 1tbsp linseeds and 4 grinds of fresh black pepper, or a pinch of cayenne. Turmeric needs spice and fat to aid absorption.

Any of the above can be added to the blender once juiced with ½ avocado and ½ frozen banana, ½ cup of frozen berries to taste. Or just avocado. The juice will become moose like.

Build your own:

Vegetable	Fruit	Herb	Milk
Alfalfa	Lemon	Ginger	Coconut
Spinach	Blueberry	Mint	Hemp
Kale	Raspberry	Cinnamon	Almond
Cucumber	Coconut	Basil	
Lettuce	Kiwi	Lemon grass	
Watercress	Banana (unripened, no brown spots)	Vanilla pod	
Rocket			

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JUICES

ZESTY BEETROOT & APPLE

- ½ cucumber
- 1 lemon (unwaxed)
- ¼ beetroot (raw)
- 2 carrots
- 1 small apple, or half big apple

THE ULTIMATE DETOX

- 1 small apple, or half big apple
- 1 stick of celery
- 1 fennel bulb
- ¼ beetroot (raw)
- ½ cucumber
- 2 inch ginger

LEMON & LIME ROOT BLISS

- ½ cucumber
- ¼ beetroot (raw)
- 1 lemon (unwaxed)
- 1 lime (squeezed)
- 1 carrot

Use all raw and organic vegetables.

Make sure lemons are unwaxed, these can be chopped up and juiced

Limes need to be squeezed as the skin wont go through the blender.

Adding a handful of greens to the blender will increase your folate and calcium levels.