

## **Smoothie Recipes to support a healthy metabolism**

I am recommending that you base your smoothies on a very low glycaemic index meal replacement from Germany known as 'Squeezy Athletic.'

This will support your metabolism by keeping your blood sugar levels stable whilst providing concentrated nutrition at the same time. It will also help to reduce cravings.

I am also recommending Colon cleanse for reasons mentioned in the supplement section. Two heaped teaspoons are all you need for the smoothie.

If you find it difficult to have supplies of frozen fruit, you can get organic fruit purees from Clearspring. They are packed in small sealed capsules so they do not need to be frozen or kept in the fridge.

We stock them in the health shop and I use one daily in my smoothie and they cost around 0.90 per capsule. We also stock a range of organic frozen fruit

Also I would like you to add some extra healthy fats to your smoothie to further help reduce insulin and blood sugar. Ideal would be to blend in half an avocado. Or you could add one tablespoon of any of the following fats: Avocado oil, Flax oil, Hemp oil, organic, cold pressed olive oil, MCT oil.

Also I am recommending that you add spices to your smoothie – please see the supplement section.

I have recommended below some dairy alternatives for the liquid but you can also use full cream Goat's milk which I really enjoy. It has a better fat/protein/carbohydrate ration than normal milk and all the dairy alternatives, so please consider this as a good option.

To any of the smoothies you can add a flat teaspoon of the spices mentioned in the supplement section ie organic turmeric, organic ginger, organic cinnamon and/or coriander.

### **Creamy green smoothie**

1 cup of coconut water, ½ frozen banana, handful of spinach, tsp fresh ginger, ½ freshly squeezed lime, ½ avocado, inch of cucumber, 1 scoop of vanilla/banana Squeezy Athletic low glycaemic meal replacement.

### **Very berry smoothie**

1 cup almond/coconut milk or full fat goat's milk, handful of frozen blueberries, half handful of frozen cranberries, handful of spinach/kale, ¼ tsp cinnamon, 1 heaped tbsp flaxseeds, 1tsp maca powder and 1 scoop of vanilla or banana Squeezy Athletic low

glycaemic meal replacement

### **Power oatly shake**

1 cup of oat milk/Goat's milk, tbsp chia seeds, half cup of blueberries, ½ frozen banana, 1 scoop Squeezy Athletic powder. Blend together and then mix in ½ cup of rolled oats or the Rude Health Bircher muesli.

### **Immunity smoothie**

1 small banana, 1 kiwi, 1 cup of coconut milk/coconut water, full fat goat's milk, half celery stick, handful spinach, tsp fresh ginger plus 1 scoop of Squeezy Athletic

### **Refreshing green smoothie**

1 cup coconut water, half handful watercress, handful spinach, 1 pear, 1 kiwi, half cup frozen mango plus 1 scoop of Squeezy Athletic



## **JUICE RECIPES**

Remember to blend in a combination of the healthy fats, Squeezy Athletic or half an avocado to reduce insulin response.

### **GREEN JUICE**

2 apples  
½ cucumber  
½ lemon  
½ cup kale  
½ cup spinach  
¼ bunch celery  
1 inch piece ginger

### **GREEN ALKALISER JUICE**

1 cucumber  
1 handful spinach  
large bunch parsley  
1 apple  
1 stalk celery

### **BLOOD PURIFIER JUICE**

3 large carrots  
3 apples  
1cm piece ginger  
1 beetroot

### **CELLULITE PURGER JUICE**

3 large grapefruits  
1 cucumber  
1 handful mint leaves

### **PAPAYA CARROT JUICE**

3 carrots  
1 small papaya  
½ lime

### **SUPER NUTRITION JUICE**

½ large pineapple  
2 apples  
½ mug watercress  
¼ mug parsley  
¼ mug broccoli  
10z shot of wheatgrass

### **SPINACH BERRY BLAST**

1 handful spinach  
1 handful strawberries  
1 handful blueberries  
1 apple

### **PINEAPPLE GREEN JUICE**

1 handful spinach  
2 pears  
1 large handful pineapple

## **BREAKFAST SMOOTHIE**

- 1 banana fresh or frozen
- 1 stick celery
- 2 handfuls spinach
- 2 dessert spoons flaxseeds
- 4 brazil nuts
- 1 cup almond milk

Blitz everything in a nutribullet or blender until smooth and serve straight away.