

Smoothie Recipes



Healthy, convenient and portable, smoothies are ideal fuel-on-the-go for breakfast or a snack. They provide protein, vitamins and minerals in an easily digestible form. Smoothies can be both sweet and savoury. For those of you who are new to smoothies, it's probably best to try the sweet ones first. But do give the savoury ones a try too – they really are delicious! Most of the smoothies have nutrient-rich powders added; see below

on where to source these. If you can't find these, then don't worry, just manage without.

Wake-Up Green Smoothie

- 1 ripe pear or apple - peeled (optional) and chopped
- Small banana
- Handful of baby spinach, lamb's lettuce or even kale
- 1 cup cold coconut water
- 2 tbsp of oats (optional)
- 1 heaped tbsp almond butter - alternatively use organic peanut butter
- Build up to 1 tsp spirulina &/or barley grass powder*

Berry Blast

- Handful of fresh strawberries
- Handful of fresh or frozen blueberries (blackberries or raspberries are also fine)
- A few frozen mango chunks
- ½ avocado
- 1 cup cold coconut water
- Build up to 1 tsp spirulina &/or barley grass powder*
- Squeeze of lemon or lime

Digestive Aid

- Handful of fresh spinach or lamb's lettuce
- Half a ripe papaya
- Small piece of ginger
- ½ banana,
- ½ cup frozen blueberries
- 1 cup cold coconut water
- A few ice cubes

***Please build up from ¼ tsp to a full tsp slowly over time. If you have too much you can get some severe detox symptoms!**



Chocolate Mint

- 1 large handful baby leaf spinach
- 1 small banana
- ½ avocado
- 1 cup unsweetened almond or coconut milk
- 1 heaped tsp pure, organic cocoa powder
- A few fresh mint leaves
- A few ice cubes

Sleep Well Smoothie

- 1 large banana
- A few frozen cherries
- 1 tbsp flaxseeds (whole or ground)
- 1 heaped tbsp almond butter
- ¼ tsp natural vanilla extract
- 1 pinch of cinnamon or grated nutmeg
- Cup of almond or coconut milk (unsweetened)
- A few ice cubes

Rainbow Smoothie

- 1 large handful of baby leaf spinach or lamb's lettuce
- ½ orange bell pepper, chopped
- A slice of red onion
- A ripe avocado
- ½ clove garlic (if you find this hard on your stomach then leave it out)
- 2 tomatoes
- A few fresh basil leaves
- Splash of water
- A few ice cubes



Spicy Green Breakfast Smoothie

- Large handful of rocket or lambs tails
- 1 ripe avocado
- 5-6 cherry tomatoes
- 1 clove garlic
- A good squeeze of lemon or lime
- A few almonds or pumpkin seeds
- 1 tbsp extra virgin olive oil
- Pinch of salt and a twist or two of black pepper
- A splash of water, along with a splash of unsweetened almond or coconut milk

Mexican Chocolate Chilli Smoothie

- ½ large, ripe avocado
- 1 heaped tsp good quality cacao powder
- 1 tsp natural vanilla extract
- 1/8 tsp nutmeg
- 1/8 tsp cayenne pepper
- 1/8 tsp cinnamon
- 1 ½ cups coconut or almond milk
- A few ice cubes



Where to Source the Ingredients:

- **Almond or Coconut Milk** – standard brands can be found in almost all supermarkets, or head to a health food shop for organic brands. Always go for unsweetened varieties. Feel free to change to another non-dairy milk – they have so many varieties these days you're spoiled for choice. The only one I'd say it's best to avoid is soy milk.
- **Coconut Water** – You can find this in pretty much all supermarkets these days. It can be a bit pricey but there is often a special offer, and you don't need much so one carton lasts for a while.
- **Almond Nut Butter** – supermarkets sometimes sell this (they tend to sell the Meridian brand), which is great. But you may need to go into a health food shop. You can also use other nut butters, there are a whole range – just steer clear of cheap peanut butter.
- **Spirulina and Barley Grass Powder/Organic Cacao Powder** – You can buy these from The Natural Dispensary at a discount, or in places like Holland and Barret and some of the larger supermarkets. Start with ¼ tsp and slowly build up to 1 tsp. No more than this is needed on a daily basis.