

Fruit & Veg Smoothies



Smoothies are such an easy way to improve your health. Even better than fruit smoothies, as ones that have some veg in too. They don't all have to be green either! I've put a few ideas below, but feel free to swap ingredients and mix and match. Particularly if you prefer certain consistencies. Bananas and mangoes are brilliant at binding the ingredients together, so increase these if you find the

smoothie too watery. You can also add any superfood powders you might have at home: spirulina, barley grass, hibiscus, wild blueberry or acai. It's fine if you don't, as there is plenty of goodness in there already, but it can be a useful way to incorporate powders, some of which don't taste great on their own!

These recipes work best in a powerful blender, such as a Nutribullet, or similar. Simply chop the ingredients roughly and place into the blender and blast till smooth 😊

Green Detox Machine

- 1 small handful of kale (ideally baby leaf if you can find it)
- ½ green apple
- ½ large banana
- 1 inch cucumber
- ½ celery stalk
- ½ cup pineapple or mango (frozen is fine)
- ¼ lemon, peeled
- 5-6 fresh mint leaves
- ½ cup coconut water
- Splash of water
- A few ice cubes



Bright and Beautiful

- 1 carrot – cut into chunks
- 3-4 radishes
- 1 large banana
- A few chunks of mango (frozen is fine)
- Handful of berries – any type
- ½ orange – peeled
- Cup of coconut water
- Splash of water
- A few ice cubes

Fresh & Clean

- 1 cup chard – any type
- 1 inch cucumber
- 1 celery stalks
- A few sprigs of fresh parsley
- 1 carrot – cut into chunks
- ½ pear
- A few pineapple chunks
- ¼ orange – peeled
- ¼ lemon – peeled
- 1cm fresh ginger
- Cup of water
- A few ice cubes

