



Smoothies & Juices

*This is a quick and simple selection of some of my favorite
Smoothies & Juices!
They're perfect to take on the go, or enjoy as a healthy snack.*

Tips:

- *Stock up on organic frozen fruits, they're super convenient to have on hand for quick smoothies.*
- *Freeze peeled bananas and grapes!*
- *Use unsweetened, organic almond milk, hemp or coconut milk.*
- *A high-quality, unsweetened 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 in your kitchen!*
- *Try adding a pinch of stevia if you need a little sweet kick.*
- *Juices and smoothies are wonderful but remember to consider any fruit in them as part of your daily sugar consumption. Fruits contain natural sugars, important vitamins, minerals and fiber but too much of a good thing does equate to excessive amounts of the sweet stuff!*



Blueberry Banana

Serves: 1

Ingredients:

- *1 cup coconut or unsweetened almond milk*
- *1 scoop unsweetened, quality plant-based protein powder (optional)*
- *1 tablespoon ground chia or flax seeds*
- *1 cup blueberries (can use frozen)*
- *1 banana (Tip: Freeze some bananas for making your smoothies, you can add them right in frozen!)*
- *1/2 cup spinach*
- *2 tablespoons tahini (or organic unsweetened nut butter, like almond)*
- **Add 1/4 teaspoon cinnamon if you want a warmer feel (optional)*

How to do It:

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

Nutty Fruit Smoothie

Serves: 1

Ingredients:

- *1/2 cup unsweetened organic almond milk*
- *1/2 cup water*
- *1-2 Tbsp almond butter*
- *1 Tbsp ground flax seed*
- *1/2 cup berries of choice (fresh or frozen)*
- *1/2 banana*
- *1 handful organic spinach*

How to do It:

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

Green Tea and Grape Smoothie

Serves: 2

Ingredients:

- *3 cups frozen white grapes*
- *2 packed cups organic baby spinach*
- *1 1/2 cups strong brewed organic green tea*
(Make a pitcher ahead and store in fridge, then you have a nice refreshing glass of tea ready for you, too!)
- *1/2 medium ripe avocado*
- *2 teaspoons honey, maple syrup or a pinch of stevia*

How to do It:

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

Ingredients:

- 1 bananas, broken into chunks*
 - 1 cup unsweetened almond milk*
 - 1/4 cup nut butter*
 - 1 T. honey, or pinch stevia to taste*
- 1 cup ice*

How to do It:

Mix all in blender, this makes a great workout smoothie to recharge and refuel.

Green Smoothie

Serves: 1

Ingredients:

- 1 cup kale or collard greens firmly packed, stems removed, coarsely chopped*
- 1 Granny Smith apple, coarsely chopped*
- 1 ripe banana*
- 1/2 cup loosely packed fresh flat-leaf parsley leaves*
- 2 cups water (plus more if needed)*

How to do It:

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

If too thick, add a little more water. A few fresh mint leaves work excellent in this recipe!



Use organic vegetables and fruits whenever possible when crafting your fresh juices.

Play around with combinations, check out your local markets and find the best produce the season has to offer.

Seasonal and local fruits and vegetables are at their prime and make the ultimate juice blends!

Citrus C Boost

Ingredients:

- *2 oranges, peeled*
- *3 carrots (trimmed and cut into 2-3 inch pieces)*
- *2 apples (cut into wedges)*

How to do It:

Blend all in juicer

Minty Morning Sunshine:

Ingredients:

- *1/2 pink grapefruit*
 - *1 orange*
 - *8 strawberries*
- 2-3 fresh mint leaves*

How to do It:

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:

Ingredients:

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

How to do It:

Blend all in juicer

The Pink Lady

Ingredients:

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

How to do It:

Blend all in juicer



Winter Veg Pick-Me-Up

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

Blend all in juicer.



Simple Spinach & Carrot

- 6-7 carrots
(trimmed and cut into 2-3 inch pieces)
- large handful of spinach

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