

SMOOTHIES

Green Banana!

1 Banana
1 Kiwi
A handful of red grapes
5 tablespoons Apple Juice
Put altogether in machine [smoothie maker, liquidiser, food processor]
and press 'on'.....easy?

A great high energy smoothie that is also great for your digestion, immunity and your skin. Also helps with detox.

Creamy Blue Pineapple!

1/4 Pineapple
Handful of blueberries
3 tablespoons natural yogurt
4 tablespoons pineapple juice

Again, great for your immunity, digestion, skin, energy.

'Regular' Apricot

4 rehydrated apricots....soaked overnight
3 " prunes..... "
3 Tablespoons natural yogurt
4 Tablespoons Prune juice

Remember its all in the name!!!!

Banana Heaven.....a meal in itself

1 Banana
2 Dates
Half teaspoon cocoa powder
1 teaspoon honey
Half teaspoon tahini paste [sesame seed paste]
3 Tablespoons natural yogurt
5 Tablespoons Pineapple juice

There are no 'right or wrong' recipes for smoothies. Just use your imagination. If you don't like a particular fruit.....don't use it! If its too thick add more juice or for 'sparkly'taste why not use mineral water. Avocado is a great and nutritious additive also, it has a high fat content but is just bursting with goodness.

For a great summer smoothie why not add ice cubes when blending.

A few other suggestions are....few drops of vanilla , mint leaves, grated fresh ginger, coconut milk, soya milk/yogurt, aloe vera, linseeds/sunflower/pumpkin/seeds. wheat germ.

A fab additive is Spirulina/ Barley grass/ wheatgrass.....loaded with cleansing chlorophyll, vitamins and minerals.

Just add 1 teaspoon [stir it into a spoon of juice first], it is VERY green ...so be careful!

If you are not going to drink your smoothie straight away put a squeeze of lemon juice in to help the fruit keep its colour.

Enjoy!

Pauline

P.S. Just a quick idea.....why not freeze a smoothie in ' ice pop' trays , the children will get a few portions of fruit without even knowing!!

