

SMOOTHIE RECIPES

Superfood smoothie

What you need

1 avocado
2 x bananas
Handful of Goji berries
1 x tsp Macaroot powder (increase energy, enhance stamina, mental clarity and balance the hormones).



What to do

Blend the above ingredients together with some flax seeds and lecithin.
Add a little water.

Green smoothie

A great way to get a big amount of leafy greens into your body everyday!

Pick some green leafy vegetables that don't have much flavour (e.g. baby spinach or Romaine lettuce) and blend with one sweet fruit that you really like (e.g. pears, seeded grapes).

What to do

Blend the above ingredients together. You can thicken this smoothie with a banana or some soaked/ground flax seeds.



Variations:

Kale and Pineapple
Dandelion greens with mango (bitter sweet!)

Liver flush smoothie

This smoothie tastes fantastic and really talks to your liver!

What you need

3 x peeled oranges
Half a peeled lemon
1 x garlic clove (antibacterial, antiviral),
1 x inch square of ginger (heat - fires up digestion)
1 x tbsp flax oil
1 x heaped tsp lecithin
Half x tsp turmeric (powerful antioxidant)



What to do

Blend together and drink!