

# 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.

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## 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!)

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## 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!