



Food for Life



GREEN SMOOTHY

In order for nutrients to be digested, the food containing them needs to be “broken down”. Chewing is a vital part of this process. A speedy and efficient alternative to hours at the table is to make nutritious salads “in the blender”. The result is a delicious snack or meal.

Using predominantly green foods means that the smoothy is rich in chlorophyll, minerals, phyto-nutrients and has a low glycaemic load.



Ingredients:

- ½ avocado
- 20-30 g. nuts & seeds (ideally soaked in mineral water, overnight – or longer. Un-soaked nuts and seeds can irritate an inflamed digestive tract.)
- ½ head of chicory – sliced
- ½ little gem lettuce – sliced
- 4-6 leaves, dark green leafy vegetable (spinach, chard, kale etc.)
- 100 g. chopped broccoli
- 20-30 g. alfalfa sprouts
- 1 tea spoon flax or hemp oil
- 2 tea spoons olive oil
- 1 scoop Inner Light Supergreens (optional)
- 1 scoop Inner Light Super Soya Sprouts (optional)
- 20 cl. mineral water (still)
- 2 ice cubes (from mineral water)

Seasoning

- ½ squeezed organic (unwaxed) lemon – juiced on a citrus squeezer
- Redmond Real Salt or Sea salt
- Ground black pepper
- Bragg's liquid Aminos

Place all the ingredients in a powerful blender or vitamix and season to taste. Pulse and / or blend until “smooth”. Serve in a glass and eat with a spoon!



You can also use juiced celery and cucumber to provide some or all of the liquid content. This does mean washing up two pieces of equipment. This option can increase nutrient content.



n.b. ice is added to maintain room temperature during a heat generating process rather than to give a cold drink.