



GREEN SMOOTHIE

The mass popularity of the Nutri-Bullet made quick vegetable shakes a popular breakfast choice amongst health seekers. Here are a few things to consider if this is the way you like to start the day. Smoothies can be challenging to digest. Important elements of digestion happen in our mouths when we eat food. If you drink or gulp your smoothie, large amounts of semi-digested food and fibre can end up “landing” in our stomachs.

If you like smoothies and the reduced cleaning and prep time over a juice, consider the following:

- Think of it more as a raw soup rather than as a juice drink.
 - They are best eaten with a spoon or drunk slowly. Put some in a container to eat slowly over time
- It's also important to put low sugar high nutrient foods into your smoothies. Fruit smoothies containing bananas, dates and other sweet fruits, may provide too much sugar and leave you feeling hungry again, soon afterwards. Use *fresh* organic ingredients (**suggestions** below – be creative!). The seasoning will add flavour.

- Ingredients:
- One or two handfuls of dark green leaves e.g. kale, Cavallo Nero, spring or winter greens, chard, spinach, watercress – leaves can be mixed.
 - You can also add lettuce, chicory or radicchio with the green leaves
 - A handful of alfalfa or other sprouted beans or seeds (sunflower, broccoli, fenugreek, lentils or mung). Use broccoli florets or a small amount of overnight soaked sunflower seeds if you don't have sprouted seeds
 - Aprox 1/3 cucumber and / or 2 celery stalks
 - ½ - 1 cup filtered water, to give desired consistency

- Seasoning
- ½ squeezed organic (un-waxed) lemon – juiced on a citrus squeezer
 - Or 2 teaspoons apple cider vinegar
 - Sml pinch Himalayan or Sea salt
 - Freshly ground black pepper

- Optional:
- Fresh herbs (parsley, coriander etc.) or a peeled garlic clove
 - 1 scoop green powder (e.g. Miracle Greens, powdered wheatgrass etc.)
 - 1 tea spoon flax or hemp oil
 - ½ avocado

**Place all the ingredients in a powerful blender or vitamix and season to taste. Pulse and / or blend until “smooth”.
Serve in a glass or bowl and eat with a spoon! Add an organic oatcake or de-hydrated cracker, if desired (unless ‘de-toxing’).**



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