



The 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 the smoothie into a glass or a bowl 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 - serves 2



- Two handfuls of mixed dark green leaves with stalks: kale, Cavallo Nero, chard, spinach
- 1 large or 2 small tomatoes (cut in half)*
- ½ - 1 cup of alfalfa, sunflower, mung beans or other sprouted beans or seeds. *Alternatively, if you don't have sprouted seeds: ½ cup sunflower seeds soaked overnight*
- About 10cm organic cucumber*
- ½ cup filtered water, to give desired consistency
- 2 tsp olive oil
- 2 tbsp squeezed lemon juice (or 2 teaspoons apple cider vinegar)
- 1 tbsp green powder (Pukka Clean Greens or powdered wheatgrass)
- 1 tbsp nutritional yeast

Seasoning: Himalayan or Sea salt
Freshly ground black pepper

Optional: Fresh herbs (parsley, coriander etc.)
A crushed garlic clove

Place all the ingredients in a powerful blender or Vitamix. Pulse and / or blend until “smooth”.

Serve in a glass or bowl and eat with a spoon!

Eat with carrot, cucumber or celery sticks, an oatcake, a de-hydrated cracker, if desired (unless ‘de-toxing’).

* We use about ¼ ltr (1 cup) juiced celery to provide the liquid content during winter months, when tomatoes and cucumbers aren't in season. This option can increase nutrient bio-availability. It does mean washing up two pieces of equipment.

