

# SMOOTHIES

Smoothies are so versatile and a great way to mix in your protein and green shakes. They are great for detoxing because they include the fibre from the fruit and veg. If you have a decent blender (mine is a Vita-mix, but Nutri-Bullets are a much cheaper option), you can blend pretty much anything into a smooth liquid. Rinse out the blender and you're done – a delicious nutrient packed drink / meal to go.

Here are some trusted smoothies that I make, but you can experiment yourself with whatever takes your fancy or you have leftover in the fridge.

Beware of regularly using spinach in your smoothies! Sounds super healthy but raw spinach is high in oxalates, which can build up in your body and cause oxalate crystals (or stones) that can lodge in your kidney and other organs. Best to use lettuce or other salad leaves if you're adding in greens.

## A Super Quick Breakfast Smoothie (Serves 1) V

### INGREDIENTS

1 scoop protein powder (Vanilla or chocolate)  
1 scoop Life Drink (or other green powder)  
200ml almond milk (unsweetened)  
200ml coconut water (or coconut milk)

### METHOD

Blend all ingredients well and enjoy!

## Very Berry Breakfast Smoothie (Serves 1) V

### INGREDIENTS

25g of gluten free oats  
1 scoop protein powder (vanilla works well here)  
1 scoop Life Drink (or other green powder)  
1 tbsp coconut oil  
400ml almond or coconut milk (unsweetened)  
1/2 banana  
1 tbsp mixed seeds  
150g frozen berries – blueberries, raspberries, blackberries, cranberries  
1 tbsp maca powder (optional)  
handful of ice

### METHOD

Blend all ingredients well and enjoy!



## Green Goddess Smoothie (Serves 1) V, DETOX

### INGREDIENTS

1 scoop protein powder (vanilla works well here)  
1 scoop Life Drink (or other green powder)  
2 inch piece of cucumber  
handful of lettuce  
1 inch piece courgette  
1 inch piece celery  
1/2 apple  
1/2 avocado  
handful of herbs (I like parsley and mint)  
squeeze lemon juice  
400ml coconut water  
handful of ice

### METHOD

Blend all ingredients well and enjoy!

## Mojito Smoothie (Serves 1) V

### INGREDIENTS

1 scoop protein powder (vanilla works well here)  
1 scoop Life Drink (or other green powder)  
200ml almond milk  
handful of mint leaves  
handful of almonds  
1/2 can coconut milk  
1/2 kiwi  
1 tbsp chia seeds

### METHOD

Blend all ingredients well and enjoy!

## Maca Chocolate Smoothie (Serves 1) V

### INGREDIENTS

1 scoop protein powder (Vanilla or chocolate)  
1 scoop Life Drink (or other green powder)  
250ml almond milk (unsweetened)  
1/2 can of coconut milk  
1 tbsp maca  
1 tbsp raw cacao powder  
1/2 banana  
1 tsp cinnamon  
some ice cubes

### METHOD

Blend all ingredients well and enjoy!



## Apple Pie Smoothie (Serves 1) V

### INGREDIENTS

1 scoop protein powder (Vanilla or chocolate)  
1 scoop Life Drink (or other green powder)  
1/2 apple  
1/2 banana  
1 tbsp seeds (pumpkin, flax, chia, sunflower)  
tsp cinnamon  
1/2 tsp nutmeg  
2 tbsp raw walnuts, pecans or almonds  
400ml water

### METHOD

Blend all ingredients well and enjoy!

## Ginger Kick (Serves 1) V

### INGREDIENTS

1 scoop protein powder (Vanilla or chocolate)  
1 scoop Life Drink (or other green powder)  
1/2 inch of fresh ginger (grated if not using a Vitamix)  
1/2 banana  
handful of berries (any kind)  
handful of kale  
1 tbsp seeds (pumpkin, flax, chia, sunflower)  
400ml water (or coconut water)  
handful of ice

### METHOD

Blend all ingredients well and enjoy!

## Coco Coffee Shake (Serves 1) V

### INGREDIENTS

1 tsp coconut oil  
1 scoop vanilla protein powder  
400ml almond or coconut milk  
1 shot espresso or 100ml fresh brewed coffee  
1 tsp vanilla paste  
1 tbsp seeds (pumpkin, flax, chia, sunflower)  
1 scoop Maca powder (optional)  
handful of ice

### METHOD

Blend all ingredients well and enjoy!

