



# Simple Green Smoothies

The Green Smoothie  
Challenge Companion

45 Smoothie, Juice & Milk Recipes

Paleo - Vegan - Delicious

By Kezia Hall

## **'Simple Green Smoothies: The Green Smoothie Challenge Companion' eBook**

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Title: Simple Green Smoothies Author: Kezia Hall

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# About

Kezia is passionate about seeing this world become a Super Naturally Healthy place! After struggling for years with her own health and weight problems, she decided to ditch the diets, the prescribed drugs and look to nature for answers. She realised food can be medicine, herbs can help heal and her health was in her hands.

*Let food be thy medicine and medicine be thy food* Hippocrates

After years of working for community-based projects, charities and as a visual artist she is now a Holistic Health Coach and runs the successful blog [www.supernaturallyhealthy.co.uk](http://www.supernaturallyhealthy.co.uk). Qualified in both Holistic Nutrition and Life Coaching, she harnesses both areas of expertise to ensure that you see the transformation you want in your life, body and health.

## Kezia's Story

*I struggled with my health and weight for years, especially as a child. It always baffled me as to why I didn't look like all my skinny friends. As I got older I followed the standard dieting advice but found it tasteless, boring and unrealistic plus it further exacerbated my health/digestive problems.*

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*So I took a risk. I threw the standard dieting advice out the window. I decided not to eat 'slimming or low-fat' packaged food. I chose foods in their natural form and focused on foods that healed and didn't cause inflammation. I began to cook and formulate my own recipes. And above all, I learned to listen and love my body.*

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*Now, ten years later, I have never put that weight back on and am increasingly healthy and slim with each year and meal that passes!*

## Professional Qualifications & Affiliations

Diplomas in Life Coaching, Holistic Nutrition and Sports Nutrition

[Make sure you sign up to be part of the Super Naturally Healthy Tribe Here!](#)

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# Get the Glow!

## Welcome To My Simple Green Smoothies Recipe eBook!

This ebook is your complete Green Smoothie Challenge guide and companion. You will find sumptuous recipes and, throughout the whole challenge, be introduced to the simplest, most effective, and easiest way of getting healthy, slim and energised!

I know after years of struggling with excess weight, chronic diarrhoea, unexplained pain, fatigue, and poor digestion that getting healthy can sometimes feel utterly overwhelming. When I started researching and implementing more alternative approaches to healing my body, I got

stressed out at all the sheer information out there. I had no idea where to begin and I felt like I needed to change everything at once.

But the secret is you don't and shouldn't actually try to change everything at once. The best thing to do for your health, body, mind, heart, and family is to make one sustainable change at a time. That is why I created the Green Smoothie Challenge. I want your road to greater health and healing to be as easy and effortless as possible. Which is why this focuses on one thing only; **adding a green smoothie (or fresh juice) to your diet every day**. That is all. Change nothing else and just focus on doing this one thing.

Chances are you have tried things before that were a roaring success for about 3 days, but then completely un-sustainable for the long term. Why? It is because we try to change a million different habits at once! Changing your diet is a big deal, it means you need to shop differently, cook differently, plan different meals (or start planning meals in general), it impacts your budget, your family, your relationships and your time. Getting healthy, and I mean truly holistically and completely healthy, takes change and change often makes us feel uncomfortable.

So the best way to make any big change is to go one step at a time.

That is what this Challenge is for. Whether you are completely new to eating healthy and are completely skeptical about "*drinking spinach!!!*" or are a seasoned health foodie who already has spirulina in your cupboard, this one habit is for everyone and can add health to everyone's body no matter what stage they are at.\*

And it really does work. After running countless Green Smoothie Challenges I have heard time and time again how much better people feel after introducing green smoothies into their diets. Here is what peoples say:

*"I've never eaten so much green veg! I have **lost my extra bit of bulge** over my jeans and I think that's related to one or two kilos from my weight :-) I also feel that I can be a little bit more healthy in what I eat and haven't been tempted to have many bad things in the last 10 days."*

**Emily Wilson, Norwich**

*"I love the **feeling of zing** I get the moment I drink the smoothie. Spinach, kale and avocado no longer seem the sorts of things I don't eat - in fact, I now crave them and am open to eating all kinds of nutritious food again after a long time of eating poorly."* **Louise Welsh, [Kid Car Share](#)**

*I'm less bloated, my skin has cleared up loads and I have much more energy - I'm starting the day on a positive and it's lasting all day long."*

**Rachel Winchester, [Sew Healthy Sew Happy](#)**

Throughout the challenge you will be sent recipes straight to your inbox but this ebook is to ensure you find your healthy groove and always have tasty recipes to hand!

These recipes are deliberately created **to make life as easy as possible** for you so that when the challenge is over you can keep on seeing awesome results. The main bulk of the ingredients can be bought at your local supermarket so don't worry, you don't need to spend hours driving to tiny hippy health food shops, you can easily integrate your green smoothie ingredients into your normal shopping routine. Your time is very precious so I have accounted for that in this whole challenge.

I hope you enjoy these recipes as much as I do and remember that you **can be well, your body wants to heal, and you are created to walk in incredible health and freedom.**



Love Kezia

*\*My one caveat with this would be for those with severe digestive issues (ulcerative colitis, chrons, etc.) or bad IBS may have problems drinking lots of green smoothies as raw vegetables can sometimes further irritate an already damaged and inflamed gut. Fresh juices are the best option of more severe digestive issues and working [one2one](#) with a holistic health practitioner like myself is recommended .i]*

**\*\*Every time you see a pink word this is a link either to further information on a website or to a specific location within this document to help make navigation easier.**



# Powerful & Green

## The Big Secret Behind Green Smoothies

These simple green smoothie recipes are going to delight your taste buds, nourish your body and help, if necessary, shrink your waistline and give you that healthy **GLOW**.

**By simply adding one of these sumptuous green smoothies to your day, you will be giving your body all it needs to thrive.** There is no mystery or secret pill that makes green smoothies so super. It is actually really simple. They are just an easy way of increasing your daily intake of green vegetable goodness.

Most of you know that we should eat more vegetables don't we? But how



many of us find it a bit of a challenge. How many of us are actually eating AT LEAST 5 portions of vegetables a day? Not many. That is why green smoothies work; they are a way of giving your body the nutrients you desperately need. Our bodies need lots of vitamins and minerals every single day in order to function normally and many of these vitamins cannot be stored in the body so we need daily doses of certain foods to ensure we are in tip-top shape.

Do you know what happens when your body becomes deficient in certain vitamins or minerals? It gets sluggish, struggles to lose weight, is low in energy, and there is a distinct lack of healthy glow. On an even larger scale, health problems can often just be linked back to severe deficiencies in a certain mineral or vitamin. So let's introduce some simple habits to ensure our health is only ever getting better!

## Why so green?

The biggest hurdle most people have with green smoothies is the fact that they are just so GREEN.

We think of green liquid as being radioactive, or snotty, or just not very appetising. But can I tell you the POWER of these smoothies is in the green and they taste way better than you think. Time and time again people who complete the [Green Smoothie Challenge](#) tell me how shocked they are at how good they taste, even the super skeptical ones. I have had reluctant partners become green smoothie converts, toddlers begging for more smoothies in their beakers, and even people recovering from hospital procedures getting into the green smoothie groove.

But let's look at why the green vegetable goodness of these smoothies does us so much good.

## Why are green vegetables so awesome?

This book focuses on green leafy vegetables. Things like kale, spinach, cucumbers (not leafy I know!), herbs, rocket, and basically salad greens. But why are they so good and how do these piddly little green leaves help you GLOW?

Well, let us look a bit deeper at two of the main ingredients in all of these recipes:

### Spinach

Spinach may not look like a hero, but believe me it is.

It is jam packed with minerals like iron that helps carry oxygen around the

body (hello energy), magnesium which play a vital role in hormonal health, sleep and pain management, calcium, and manganese. It houses vitamins like vitamin C, which supports the immune system and adrenal glands (goodbye adrenal fatigue), plus it is also a great source of antioxidants like beta carotene which helps in fighting cancers as well as supporting eye health.

This is just mentioning a few of its benefits, but as you can see this green leaf has super human leafy strength; it's pretty potent stuff.

## **Kale**

Did you know kale is one of the most nutrient dense foods on the planet? Pretty impressive is it not? Especially for such a feeble looking green!

It contains 206% of the RDA (Recommend Daily Allowance) of vitamin A, 684% of RDA of vitamin K (needed for blood clotting), along with magnesium, potassium, manganese, and calcium. It knocks oranges out of the park when it comes to providing vitamin C, which as we know helps with the immune system, but ALSO is necessary for synthesis collagen - a protein needed to help your skin (and body) glow.

Phew pretty powerful leaves, on that we can now agree. But if you are like me, then you are not likely to chomp your way through an entire plateful of kale and spinach in a day. I enjoy salads, but often I need a quicker answer to getting all this goodness into my body. That is where smoothies come in.

Smoothies just blend these powerful leaves with fruits and other nutrient dense foods like nuts to ensure you are getting all the goodness described above without it tasting like pond water or a blended salad.

Plus as someone who has digestive issues and in the past has struggled to eat raw vegetables and salad without stomach pains, blending these fibrous foods down makes digestion a whole lot easier for your beautiful body.

## **Other Great Benefits**

### **Antioxidants: Squash The Oxidation Party Happening In Your Body!**

Perhaps one of the reasons that after just a few days of drinking green smoothie goodness you will feel pretty awesome is the fact that green smoothies are rich in antioxidants.

So let's look briefly at why the heck that is even potentially important at

all.

Every day your body is subject to oxidation. Some of this is environmental, but the majority of it is through the body's own processes. It is a natural process within our cells, but it results in the production of free radicals. Free radicals are 'unmatched' groups of atoms that are running wild trying to find their 'partner'. Basically put, they have an odd number of electrons and are looking within our body to join onto any other cell by any means possible.

An "antioxidant" is really not a substance it is more of a behaviour or set of actions. Anything that can donate electrons to counteract free radicals has antioxidant properties.

Free radical have the ability to interrupt and hinder many body processes as they react with the cell membrane (outer surface or shell of a cell) and often cause it to die. And dead cells are NOT going to fulfil the function by which they were designed.

So as our bodies are very clever, they create different types of molecules called antioxidants to neutralise these free radicals and stop them from attacking healthy cells. But due to various environmental and nutritional factors, it is suggested that we are under more oxidative stress within our bodies.

This is still a contentious topic and some experts think antioxidants aren't that significant when it comes to health and that our bodies are more than capable of dealing with the free radicals produced by it. While there experts feel that antioxidants are the key to slowly the raging process and overall well being. So I am no scientist or doctor but this could explain why green smoothies give people that healthy glow as all the ingredients are incredibly antioxidant rich!

So how do we know something is high in antioxidants? By its colours. Bright greens, reds, purples, and oranges are all full of various types of antioxidant compounds.

Whether antioxidants are the as powerful as people say is still to be decided, but it definitely does you good to eat more food where they occur naturally. Hence green smoothies! Eating lots of naturally healthy food is always going to do your body good.

## **Fibre**

Most of us have heard of fibre and know that it is good for the body, but let's look briefly at why as it is another key reason why getting on the green smoothie train will make your body sing!

Think of fibre as a bit of a transportation system for your digestive system. It is the bulk that helps clear away some of the junk that needs to be eliminated. You see within your intestines, undigested food can get stuck within folds, but fibre helps to sweep everything out and keep it all clean and happy.

But it is worth noting that often we think of fibre so we think of eating lots of bran, whole meal bread or other grain based foods. This is not the best source of fibre by any means. **Fruits and vegetables are the most beneficial source of fibre we can get**, most other sources are processed and not 100% natural. The gluten found in traditional fibres like whole meal grain, wheat bran, or cereals are often quite inflammatory and can do more harm than good, but I go into that in more depth in my [Slim For Life eBook](#).

Fibre also helps ensure that you don't get a crazy blood sugar spike. Within each of these smoothie recipes there are fruits and natural sweetness to ensure you're not drinking something that tastes like pond water. But to make sure you don't get a rocketing blood sugar level (*which leads to too much insulin released and causes you to store excess fat and can eventually lead to insulin resistance and diabetes*) there is lots of fibre which slows the digestive process down. That is where smoothies differ to juice (see chapter 8 for more information on juice) as juice contains no to very little fibre so it is very important to not add too much additional sweetness, otherwise it can be a big sugary stress on the body!

## Healthy Gut = Healthy Body

Another key aspect of drinking green smoothies, which we now know simply means increasing the amount green vegetables we have every day, also plays a key role in cultivating good bacteria within your gut too.

Looking after our gut, by which I mean the system by which we digest food that starts from your mouth to your anus, is the best thing you can do for your health. Poor gut health can lead to a whole host of health issues. So often when it comes to treating a condition like IBS for example, we get a diagnosis, take some drugs, and just live with it. What we don't tend to do is look at the root cause of it and often the root cause is inflammation in the gut. I believe our bodies want to be well, they want to heal, and they are fantastic at doing that, we just need to give it the right tools to do it.

Did you know that it is in your gut that you create that happy hormone serotonin, which is the foundation of your immune system; it is where you generate energy, and much more. **Gut health massively impacts every aspect** of your health. If you have problematic skin, poor digestion,

fatigue, food intolerances, IBS, hormone issues, and much more, then chances are you have some sort of inflammation or damage in your gut.

As you can guess, increasing the amount of green vegetables to our diets will help our digestive system be strong. In a recent study, it was shown that by consuming green vegetables we help protect the lining of our intestines and help to keep the bad bacteria out.

*“According to a new study in the [journal Nature Immunology](#), green produce could play an important role in controlling immune cells vital to a healthy digestive system.*

*Researchers from the Walters + Eliza Hall Institute of Medical Research in Australia found that innate lymphoid cells, which are a kind of immune cell, promote good intestinal health by keeping "bad" bacteria out of the intestine, and helping to control or prevent conditions like bowel cancer, food allergy, and inflammatory disease...*

*Because proteins found in cruciferous vegetables -- which include broccoli and kale -- are already known by researchers to play a role in switching on the T-bet gene, they surmise that eating leafy greens could thereby play a role in gut health.” [Source](#)*

So not only with eating more greens help support our intestinal lining and immune system, it can also help feed the friendly, happy bacteria (that we want more of) in our gut.

As Dr. Chris Kesser says:

*“When we eat the soluble fibers found in whole plant foods, the bacteria in our gut ferment these fibers into short-chain fatty acids like butyrate, propionate, and acetate, and greater amounts of fiber consumed will lead to greater short-chain fatty acid production. In this case, naturally occurring soluble fibers are very important for **feeding the friendly bacteria that live in our guts.**” [Source](#)*

Because they are so good at removing and carrying out things like fungus and yeast, the fibre in these smoothies will contribute to clear skin, more energy, and greater detoxification! Winner.

### **But what about the natural sugar in them?**

Sugar is one of the most addictive and problematic food types out there. I personally believe that it is the primary reason for obesity, heart disease, diabetes and much more. We so often think that eating fat makes you fat, but it is eating too much sugar makes you fat.

I won't go into too much detail about sugar here as I have written various articles on it linked below, but in order to really get that glow we need to address sugar intake. And for some of you, you will already be aware of your sugar intake and may be wondering how having these sweet green smoothie fits in.

Here is why I use natural, low glycemic index sweeteners and fruits in these smoothies:

- It would taste like pond water if I didn't.
- Processed refined sugars are the most problematic to health. I think a bit of natural sweetness is healthy and often natural sweeteners are nutritionally dense.
- Eating 1-2 portions of fruit a day is highly recommended.
- The fibre within green smoothie helps slow the release of the natural sugars within the smoothies.
- We have to go one step at a time. So often we will try to get rid of sugar, gluten, start exercising, meditating, and juicing all at the same time and this is just too much. Make one small change at a time, and create a new healthy habit, then address the next thing.

Further reading about sugar:

Read more about the problem with sugar [here](#).

Listen to my podcast about sugar [here](#).

Find out the truth about artificial sweeteners [here](#).

## **Detoxification**

So with all this good stuff happening within your body it is also worth mentioning that some of you may experience some detoxification symptoms in the beginning.

If, to make an extreme but basic example, you just ate burgers and cake every day and then suddenly introduced a pint of all this natural green goodness, your body is suddenly going to get very excited that it can get rid of a lot of the junk it's been storing. Or it may just go into mini shock at the new food and take a day or two to adjust. As we have discovered, these green natural foods are powerful so they ARE going to impact your body.

Some people may experience a day or two of strange bowel habits or a bit of foggy headedness but this should pass. To help with the detox symptoms, just drink plenty of water with some fresh lemon added.

If you experience any ongoing discomfort in the tummy especially it could be that you have a gut bacteria imbalance or damage (this can come from

too many antibiotics, stress, trauma, contraceptive pills, drugs, and much more and it is the underlying cause of most health problems) which can sometimes be exacerbated by raw green vegetables or too many nuts. So it worth checking that out at your Doctor's office and with a holistic nutritionist or health coach.





# The Green Smoothie Groove

## Kitchen Basics & Key Ingredients

So now you know **why** lets look at **how** you get your green smoothie ass into gear so you can get that effortless healthy GLOW!

### Ingredients & substitutions

You already know what the main staples are for all these green smoothies; spinach and kale. So let's look at what else is going in these liquid delights.

As a holistic health coach I am all about helping people implement



strategies that give them as big a nutrient boost in one go as possible. Let's face it, we are all busy people so we need our food to be as nutritionally dense as possible and we only have three (ok I'll admit sometimes four) meals a day so we need to make them count!

Plus these recipes are all about saving time, our most precious commodity. The main bulk of these recipes are made from ingredients that you can buy from your local supermarket, so no need to go to special hippy shops (which I love) you can easily add these recipes onto your weekly shop. I suggest superfoods too, but these are totally optional and for when that inner hippy wants to emerge.

Also ideally you would use all organic ingredients too as adding artificial pesticides and chemicals is not exactly ideal. But organic is more expensive so just take it a step at a time. A great place to start is to become aware of the Dirty Dozen which means the top fruit and vegetables most contaminated by pesticides which you can find out more about [here](#).

I have also pointed out a few of the specific organic ingredients below too as things like peanut butter can have unhelpful fungi and bacteria which isn't going to help us glow!

So let's look at some of the other ingredients that are going to go in our simple smoothie:

**Pumpkin seeds** - these tiny green seeds are full of zinc which is great for skin, mood, and for libido as well as being a great source of magnesium which most of us needs more of.

**Sesame seeds** - these tiny seeds are a great source of dairy free calcium.

**Cucumber** - not just hydrating but also a source of B vitamins and vitamin C to boot!

**Mint leaves** - full of powerful antioxidants and the perfect natural digestive aid.

**Turmeric** - this spice packs a whopping punch. The curcumin found in this spice is a powerful antioxidant and studies show it is great for reducing inflammation within the body and at fighting off certain cancers.

**Cinnamon** - is fabulous at helping balance your blood sugar, meaning that your insulin release is not going crazy and storing needless fat.

**Organic Cocoa Powder** - another amazing source of magnesium and antioxidants. And it makes things taste chocolatey which is an important

benefit.

**Coconut cream** - coconut is full of multi-chain triglyceride fats - which get your metabolism revved up big time.

**Water** - essential for flushing out toxins and giving you that clear focused energy you need.

**Chia seeds** - these tiny seeds are full of omega-3 fatty acids which are anti-inflammatory and very hydrating for the body.

**Fruits** - healthy sources of sugar as well as things like vitamin C, potassium, fibre and water.

**Almond Butter/Almonds** - are a fabulous source of calcium, protein, vitamin E, magnesium and manganese.

**Organic Peanut Butter** - another great source of fat and protein as well as potassium.

**Medjool dates** - several [studies](#) show that dates are a low glycemic index food meaning that although sweet, they won't cause a crazy spike in your blood sugar which saves from big sugar spikes. Lots of insulin circulating in the body leads to excess fat being stored, which is not exactly ideal....

## Super Food Ingredients & Benefits

You're not likely to get these at a super market and they will nearly all be organic, but they will supercharge your smoothie and your body yet are entirely optional.

**Babobab** - think of this as 100% natural vitamin C powder which means the body absorbs it much more effectively so it can get to work at strengthening your immune system pronto!

**Cacao powder** - this the unrefined and more natural form of cocoa and it more far more nutrient dense (it a massive source of magnesium, helps to suppress appetite and source of lysine) and can be used instead of organic cocoa powder in the recipes. It is also often tolerate better for those with more delicate digestion or health issues.

**Spirulina** - great for vegetarians for it is a source of vitamin B12 which is not easily found in a vegetarian diet. Plus is packs a powerful protein punch too!

**Cacao nibs** - these are the same as cacao powder they just haven't be finely ground and therefore add a great crunch and topping to any smoothie.

**Bee pollen** - one of the most nourishing foods out there. Pollen is a great source of protein, high in antioxidants, and great for reducing allergies. Also fabulous for the skin!

**Coconut oil** - most super markets sell this, but it is often cheaper online and so good for the body as it's anti-fungal/bacterial and great for boosting a sluggish metabolism. I love this stuff so you can read more about it [here](#) but please note you need to **use organic cold pressed only**.

**Hemp powder** - a great natural protein powder for quick, easy, and super filling smoothies or post workout drinks. It is also great for vegetarians as it contains all 10 essential amino acids needed every day.

**Great Lakes Gelatin or Collagen** - this is another natural protein powder that is also super healing for the digestive system. Great addition and supplement for those looking to improve gut health and skin.

**Maca** - a great powder to add to help naturally balance the hormones and boost fertility.

## Substitutions

**Hate bananas?** No worries, simply use 2 medjool dates instead of a banana in any of the recipes.

**Don't have medjool dates?** Then feel free to use normal dates just use 1-2 more of them than stated in the recipes as they re smaller than medjools.

**Don't want nuts.** The simple substitution of pumpkin, sunflower, or hemp seeds where nuts are suggested.

**Spinach.** The recipes are in handfuls of fresh spinach but you can also use frozen spinach. Just use one small block of chopped frozen spinach for every handful of spinach in recipe. I always keep frozen spinach in the freezer for instant green smoothie goodness even if you have no fresh food in the house.

**Water.** I use water in most of these just for ease and simplicity, but feel free to use any of the nut milks in any of the recipes.

[And to make it even easier for you I have put these ingredients all together in my Green Smoothie Shop - just click here to get them in one click.](#)

So by now you are probably starting to see how when you blend and mix so many of these powerful foods it's inevitable that you radiate healthy goodness!

## Kitchen equipment

Now let's talk blenders.

You will need some sort of blending device in order to make smoothies, but you don't need anything fancy to begin with. You can begin with simple emersion blender like I did which I have at my [shop](#).

The main thing to remember with blenders is that you really get what you pay for when it comes to the end results. After a few months of using immersion blenders and getting lumpy results and then using cheaper blenders that broke (I had 3 break in a row!), I invested in a high-powdered blender that could probably blend cement if it wanted too!

But here is a mini run down of the blenders out there:

**Hand/immersion blender** - these are also used to blend soups and are held in your hand and used in tall jugs. They have the potential of being pretty messy. £8-20

**Normal blender** - these are normally glass or plastic jugs that sit on top of a motor. You can get one that blends straight into a cup and are often available at supermarkets. £30-100

**High powered blender** - these are the premium blenders from brands like Froothie, Blendtec and Vitamix. These blend even the toughest of ingredients easily and smoothly and will give you the best results and last you for life. £300-550

*Please note you don't need special 'smoothie machine' you simply need a blender and I highly recommend getting a high powered blender .*

I used a [Froothie Optimum 9400](#) to make all these recipes which you can find out more about [here](#), but feel free to use any blender you can find to begin with, but I warn you once you're a green smoothie convert you will be saving up for a high powered blender just like I did. High-powered blenders effortlessly blend up even the toughest ingredients and give you silky smooth results - they're well worth and I love my Froothie!

To find out more about the blender I use [click here](#) or [go to my shop](#) to find the more basic ones.

## **When is the best time of day to have them?**

Well I will talk about this more in the next chapter, but basically you can do what works for you. Many people replace their normal breakfast with a smoothie as it is often the most hurried meal of the day. Others have them instead of their normal afternoon snack. The main thing is to find your own groove and do what works for you.





# The Green Smoothie Challenge

## How to Get Started

Now you know why green smoothies are a good idea and how to do them, its time for the 10 Day Green Smoothie Challenge.

The challenge is very simple. Just take 10 days and have one green smoothie a day and see how much better you feel. The easiest way to do it is switch it in for breakfast, but feel free to enjoy at any point as it suits you.

This is a super simple challenge. Don't change anything else about your diet, **simply add in one of the green smoothie** recipes every day.

Now I have this all organised for you. Make sure you read the starter guide as this will activate your 10 Day Green Smoothie Challenge, but once you have done you first one then feel free to use the resource below to do it as many times as you like.

## How to Start

1. Use the shopping list provided and go shopping!
2. Just [click here](#) to activate challenge course the day before you want to start.  
This will activate the ecourse and you will be sent an email instantly to confirm activate and your email will start the next day arriving at 4am in your inbox,
3. Join the Green Smoothie Coaching Group by [clicking here](#).
4. Wake up, blend, go and feel awesome.

*(Please note all of these is explained in the Starter Guide along with your shopping list)*

Then if in the future you want to do it all over again just print off below to help you get back in your green smoothie groove!

## The Green Smoothie Challenge

Day	Which Smoothie	Ingredients	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
<b>Boom you have done it!</b>			



## Top Tips For the Green Smoothie Challenge

Made too much? Freeze left over smoothies into ice pops or in bags so you can grab one in the morning for a mid-morning slushy or defrosted afternoon smoothie.

Got sugar cravings? Instead of reaching for the biscuit tin just grab a green smoothie. I love making my chocolate smoothies when the cravings are calling.

Make use of frozen vegetable and fruits. This makes it so much easier. If you have too many ripe bananas or mango, then simply chop it up and put them in the freezer or buy them ready frozen.

Make in bulk. On a Sunday night why not make a huge batch for breakfast for the next few days. They will keep for about 1 days in the fridge.

Check out all my other healthy and delicious recipes if you really want to super charge your other meals and snacks - just [click here](#).

Add more or less liquid to suit your preference in the recipes. More liquid makes it a runnier drink whilst less with make it thicker and more pudding like. Also note cheaper blenders may require more water/liquid.

Got a question? The come on over to my [Facebook page](#) and ask away!





# The Green Goddess 7 Day Cleanse

Once you have completed the 10 day Green Smoothie Challenge and found yourself with that sexy glow you might want to take it a step further.

Or maybe you are already a green smoothie queen and are looking to really nourish and heal your body. Well then this Green Goddess (or God - hello men!) 7 Day Cleanse is just what you need.

## **What is it?**

This is a super simple, natural, and delicious 7 day cleanse that will leave

you satisfied, energised and really help you shift out any toxins, food addictions, excess weight or water that you are carrying around with you.

This is not some weird cleanse, this is simply about deliberately giving your body **natural, whole, and kind** foods so it can do what it wants to do best - THRIVE. It is also to give you an idea of other fabulous food to eat because the last thing I want you to do is stop eating and chewing! This book is to encourage you to have one green smoothie a day, but not drinking smoothies all day long!

The aims of the cleanse are:

- To give you a chance to listen to and connect to your body by removing some problematic foods.
- To focus on eating lots of vegetables, proteins, fats, and natural nutrient dense foods.
- Not to focus on eating refined sugar, grains, caffeine or dairy (it's easier than you think).
- To nourish your body, mind, and to take time to rest.
- To experience how amazing you can really feel.
- To remove any unhelpful addictions, food dependencies, and discover any intolerance you may have.
- To make you GLOW.

*\*\*\*Please note that the meal plans for this are not vegan\*\*\**

I have included a 7 day meal plan in the **Resource** section at the end with links to the recipes and made it super simple for you to follow . But feel free to mix it up and get creative and add in your own meals and ideas as long as they are naturally grain, sugar, and dairy free.

(Make sure you [follow me on Pinterest](#) as I have TONS of recipe to help and inspire you.)

If this feels daunting for you, then just pick the amount of days that feels manageable and exciting. Please don't force yourself through this 7 day cleanse, this is meant to be a joy and it's important to do what you feel excited about. Try a 2 day cleanse first then maybe a 3 day cleanse a few weeks later. The idea of this is to nourish your body in a deep way and for you to truly experience how amazing you can really feel.

Again it is worth noting though that in the first 3-4 days you may experience some detoxification symptoms. We are all different and with wonderfully unique bodies, but many people may experience short period of headaches, fatigue, foggy headedness, or unusual bowels. If any of these symptoms go on for longer than 2 days, then it is worth seeking

professional medical help.

## Daily Cleanse (Suggested) Schedule

Here is a suggestion of how to structure your day to get the most from this cleanse as true detoxing and **cleansing is not just about what you eat, it is about how you live.**

+ **Wake up** - drink one or two pints of lukewarm water neat or with lemon juice added in. *Water is so important to your body if drinking more water was the only thing you did then it would be massively beneficial.*

+ **Movement** - morning time is a great time to fit in a workout, walking, running, yoga, Pilates, jumping or whatever you like. You don't need to do it for 2 hours, even 10 minutes is beneficial for revving your metabolism

+ **Breakfast** - Another pint of water with lemon. Make a green smoothie and drink/eat when you are hungry. Don't force food down until your body is asking for it.

+ **Lunch** - away from your computer or tasks and make sure you're sitting down and you're not stressed. Go outside for 10-15 minutes (unless it is peeing with rain or hailing!!) but aim to get outside and walk.

+ **Afternoon** - have a snack whenever you get hungry and drink as much herbal teas as you like as they are very medicinal and tasty.

+ **Be an encourager** - make it an aim every day to say, text, email or Facebook something genuinely encouraging to someone you know. Giving to others is very nourishing for our bodies and souls.

+ **The Glow Food and Mood Diary** - make it a priority to fill in the Glow diary because this really helps you to connect with your body. (See Resources at the end to download your copy)

+ **Dinner** - take time to eat your dinner, enjoy it, eat slowly and see it as a time out to relax and rest. I highly recommend having several simple courses as it encourages you to take your time and feels that little bit special too.\*

*\*For example start with a soup, then maybe a salad and then go onto your main meal and finish up with your favourite tea.*

## What you're going to eat

You are going to enjoy a wide variety of foods over the seven days, but here the 5 main foods that you are going to enjoy over seven days that will really help you get that GLOW

### + **Green Smoothies.**

Obviously - need I say any more?

### + **Coconut**

In any form, whether it is coconut oil, desiccated coconut, creamed coconut, or coconut milk. Coconut is fabulous at boosting your metabolism and getting you to burn more fat. It is also very nourishing for the body as it has a high amount of multi chain triglyceride fats which are shorter chain fats which help your metabolism and are more easily digested by people who may struggle with fats. Read more about why coconut are so beneficial [here](#).

### + **Soups**

Soups made with [homemade bone broth](#) are incredible for your body. There are warming and comforting ways to get more natural vegetable goodness into your body and as smoothies are very cooling foods, it is good to balance them out with warming soups.

### + **Vegetables**

All types from carrot to cabbage to sweet potato, celeriac, butternut squash or any type you can possibly think of!

### + **Fish or pulses**

Fish is a must as it is full of essential fatty acids and is lighter on the body. If you don't eat meat, then pulses like chick peas, mung beans and other pulses and lentils are excellent animal-free options.

## How to do the 7 day cleanse

1. Print off the Glow Food and Mood Diary (See [Resources](#))
2. Print off the 7 Day Meal Plan and go shopping to get food in your house
3. Preparation - see below.

### Preparation

Preparation is key for cleanses like this, but thankfully it doesn't need to be time consuming. Just plan 2 hours on a Sunday afternoon for food preparation so that you can focus on resting, this will save you tons of

time during the week.

Make soup in batches. In a slow cooker or using two pans make a batch of the **Cauliflower Soup** and my **Pea and Coconut Soup**. Freeze some for later in the week, but keep a batch in the fridge.

Make a batch of **Lemon & Coconut Butter Creams** and store in the freezer.

For saving time during the week, make a bulk batch of smoothies in the morning and store in the fridge so you're only making one every 2 days.

## **Drinks**

Aim to drink lots of water, herbal tea, and fresh homemade juice is possible.

Avoid caffeine from tea and coffee apart from 1-2 cups of green tea a day before 2pm.

## **What about eating out?**

No worries, if you eat out often, then here are some fabulous options.

**Lunch** - loads of places sell fabulous salads and homemade soups so why not grab a fresh soup and a salmon salad for lunch. For a quick meal on the go, grab some hummus, carrot stick, cooked chicken or ham and boiled eggs.

**Dinner** - there are so many things you can have! Ask for fish served with veggies, steak with roasted veggies, gluten free burgers with sweet potato chips, baked potato with various fillings, omelettes, surf and turf, gammon eggs, and peas. The main thing is to be picky and confident when ordering.

**Snacks on the go** - a Nak'd bar or similar fruit and nut bar (always read the label), bags of mixed nuts, mixed veg stick with hummus, boiled eggs, water, and coconut water, fresh smoothies from smoothie bars etc.

## **What about after the 7 days?**

How you end your cleanse is just as important as the cleanse itself. Meaning that on day 8, it's not ideal to phone Pizza Hut right away.

Introduce things like grains (rice, quinoa, bread, etc.) one at a time so you can see how your body is responding. For example, on day eight have a

smoothie for breakfast then maybe try some oatcakes with your soup at lunch and see how you feel. The next day maybe have porridge for breakfast and again see how much energy you have and what your body says to you.

I personally think everyone would feel a whole lot better if in general they avoid gluten and cow's milk on a daily basis. I have yet to find someone who has not felt better by reducing their intake or choosing to remove it all together and replace it with easier alternatives. But listen to your body and use the Glow Food and Mood Diary to help you connect with your beautiful body.

### **Do I need to be a social hermit for 7 days?**

Thankfully not. With a little bit of knowledge and creativity you can still live life as normal.

This cleanse is not to encourage you to be 'on' or 'off' a detox, this is about learning to listen to your body and nourish yourself in a naturally healing way. If you have an event then fully embrace it, decide on a plan of action. Look at the menu before ordering, decide if or how much you want to drink and the next day jump right back on your cleanse.

The worse, and I repeat, worst thing we can do for our health is beat ourselves up and feel guilty about the food we eat because these mindsets lead to us to binge eating. Our food choices become reactive instead of coming from a place of power and peace.

I would recommend taking more rest than you normally would as when your body is flushing out toxins then you can get much more tired and rest is one of the KEY aspects of cleansing the body. There is no point in eating beautifully and then only getting 3 hours sleep. If you want to glow you need to sleep and rest because that is when your body repairs, heals, and detoxes.

## Top Tips For Green Goddess 7 Day Cleanse

Here are a few tips to help you on your way:

- Feel free to use spices and sensible amounts (1-2 tsp in a dish serving 4) of quality sea salt during the detox to bring out the flavour of the foods.
- Be organised and have lots of food in the house.
- Make a large vat of soup before you start so you always have something to eat.
- Eat until you are full, there is no need to go hungry on this cleanse!
- Make sure you move and do gentle exercises each day as this will really increase your energy and help cleanse the body.
- Get to bed an hour earlier to give maximum time for healing as you may feel more tired.
- Stay strong! You may crave sugary foods during this detox but remember it is only a short period of time and it's time to break unhealthy dependency on certain foods. Eat fats like creamed coconut instead.
- Feel free to mix and match. You may want to do the whole 7 day program or maybe just 2 days or a fortnight. This is flexible. Listen to your body, do what is manageable and enjoyable.
- Bathe lots. Don't worry this cleanse doesn't make you smell, but putting bicarbonate, salts, and essential oils in a hot bath is a great, relaxing and easy way to detox.







# More Than Green Smoothies

How to Super-Charge Your Life!

By simply adding one green smoothie to your diet, you will start to notice and feel a difference in your whole body and well-being. In fact, I bet you may become a bit of a green smoothie addict because once you feel this good you won't ever want to go back!

By taking part in the 10 Day Green Smoothie Challenge or the Green Goddess 7 Day Cleanse, you should start to feel pretty darn awesome. But I know for many of you, you will be looking to achieve a specific

outcome so here I will talk about how to supercharge other aspects of your diet and life in order to see amazing results. Because this is not just about drinking smoothies, this is about creating that healthy, delicious and vibrant life you have always wanted!

## Losing weight

Now this is a big topic, but the main way to lose weight and keep it off is to stop dieting, stop the fads, and learn how to create a healthy life.

Quit counting calories, points or grams of fat, deal with the root issues of your weight gain and eat naturally healthy foods. Focus on getting healthy and listening to your body not on the numbers in your jeans or on your scale.

I go into this in depth in my [Flourish eCourse](#), which over 6 weeks helps you create that healthy life you have always wanted. It teaches you what to eat, how to heal your body and why having a healthy mindset is integral to have a slim life.

But here are some of my top tips for focusing on weight loss when getting on the green smoothie train:

- **Switch one of your meals for a green smoothie.** Don't worry all these recipes are jam packed with fats and proteins and they all make at least a pint so your will be full for ages. In fact people are always telling me how full they get after drinking smoothies and how it lasts for hours.
- **Eat a rainbow.** Make sure your other meals in the day are at least 60% vegetables. This is easy to do just look at your plate and see if 60% of it is covered in colourful vegetable goodness; if not add more vegetables or have starters, salads, or soups with every meal.
- **Add in more fat and protein into your meals.** Believe it or not, eating quality natural fats won't make you fat. So instead of basing your meals around pasta or rice, follow the above point and **then** add in lots of fish, meat, beans, lentils, eggs, nuts, seeds, butter, avocado etc. So your meals foundation are vegetables (including starchy carbohydrate filled vegetables - this isn't low carb!) then topped off with good quality fat and protein-like avocado, oily fish or olive oil dressing.

**I need more energy!!!**

Maybe you work a crazy job or have tiny tots that don't know the meaning of sleep or night time, but whatever it is all of us could use more energy. And whilst adding a green smoothie into your day is going to do WONDERS to you energy levels, here are three top tips to really supercharge your energy levels:

- **Use the superfoods.** Things like chia seeds, cacao, cocoa, and maca powder are great energy boosters so add these to any smoothies you drink.
- **Sleep.** You may not like it but your health depends on your sleep so make it a priority in your daily schedule. Whether it is afternoon naps, going to bed at 9:30 pm, or skipping your 6 am alarm clock, make sure you sleep.
- **Exercise.** Some of you will need to increase your exercise if you currently do nothing, BUT for some of you, the more driven, type A, stressed out types, will need to decrease exercise. Over exercising when we are busy and stressed can tire out our adrenals and lead to lasting health problems. So have a realistic look at how much exercise you are really doing and either start doing some or cut back and see you energy levels soar!

## My body is messed up

Many of you will have IBS, crazy painful periods, skin issues or other health issues that make you feel glum. So here are some general tips to help boost all round health and if you want a bespoke nutritional program to help you thrive then just [click here](#).

- **Make gelatine your friend.** I am not a big fan of protein powders apart from gelatine or collagen! I know it is weird, but gelatine and collagen can really help nourish and heal the gut, give lasting energy, and help seal leaky guts which are often the root cause of all the above health issues. [Buy it here](#).
- **Keep the Glow Food and Mood Diary.** For one week, write out how you feel, what you drink, how you sleep, what your bowels are like and what you are eating and then reflect on if you notice any patterns within it.
- **Vitamin C.** This is a powerful supplement that really nourishes the whole body. I recommend natural sources of vitamins rather than

synthetic stuff you get at the super market. See my [Green Smoothie Shop](#) for my recommendations.

## I want to put weight ON

Some of you may read this title and balk, but yes many people that want to put weight on are looking for more protein based foods to help build muscle and bulk out naturally.

- As above **make gelatine your friend** and use this instead of protein powders.
- **Love fats.** Add lots of things like melted coconut oil into your smoothies to really nourish the body and help build muscle. Also adding organic raw egg yolks are a great way to add nutrient dense protein to your smoothies.
- **Eat often.** Aim to eat every 2-3 hours and make sure your snacks or mini meals contain fats and proteins.





# Simple Green Smoothie Recipes

Get Your GLOW On!

So let's get to it! It is time to get practical ...

## How to make smoothies

By now you will have some sort of blender so here is how to make smoothies depending on your blender.

**Hand/immersion blender** - get a tall jug, fill it with all the ingredients and then blend with one hand and keep the jug steady with the other.

**Normal blender** - put all the ingredients in and blend for about 1-2 minutes. Note that these first two cheaper blender may require more liquid to blend smoothly.

**High powered blender** - put all the ingredients in the jug and blend them

for about 30-50 seconds max, otherwise it may heat up.

So basically you **put all ingredients in, blend, and go.**

These recipes are refined sugar, soy, gluten, free and most of these recipes are vegan too...but don't let that put you off ;)

I have used several keys help guide you which are as followed...

- <D> Detox - great for detoxing the body and boosting weight loss
- <KF> Kiddy friendly - try this on your kiddies (or unconvinced partners) and what then become green smoothie converts!
- <V> Vegan please - Suitable for all your wonderful vegan eaters.
- <P> Pudding - a richer more treat like smoothie but still packing some nutritional punch!
- <GB> Gym bunny - great for pre or post exercise to replenish he body and build muscle
- <BF> Banana free - for every one who hates bananas:)
- <H> Healing - these recipes will target specific healing aspect within your body.

## Recipe Notes

- Use ripe banana with brown spots on them, un ripe banana will leave an unpleasant after taste and are less sweet. Use ripe avocados only too.
- Feel free to use any nut or seed butter you like . I mainly use peanut and almond butter in there recipe but feel free to use cashew or hazelnut butters too.
- Most of these recipe use plain water as the liquid but any of the nut milks can be swapped in for a creamier finish.
- If you don't have fresh spinach then just just a small block of frozen spinach per handful in recipe.

- Lower quality blenders may require more liquid or the gradual adding of ingredients in order to blend properly.
- These recipes are all created to serve one person as a meal or 2 people as a snack and make about 700ml.
- As you get used to the recipes you may want to add more green stuff but beware of adding too much as it will make it taste like pond water!
- Also note that kale and spinach can be used interchangeably but kale has a more bitter taste than spinach which some people may not enjoy as much.
- If you want to get hold of any of the ingredients, blenders, or juices in a few clicks then check out [the green smoothies supplies page](#).

If you are nervous about starting then make sure you [watch this green smoothie tutorial video](#) which shows you just how easy it can be!

Now it is time to drool, I mean peruse, the recipes...



Carrot Cake





## Canta - loopy!

<BF> <D> <V>

Most of us spend a lot of time being dehydrated which could lead to low energy, increased hunger, lower mental clarity and bad moods! Being fully hydrated is also important for allowing the body to flush out toxins, but did you know that about 65% of that comes from the food we eat not just what we drink?

So this smoothie is full of chia seeds to help hydrate the digestive system from the inside out and lots of hydrating vegetables to ensure you are alert and energised!

### **Ingredients**

1/4 of (or about 120g) cantaloupe melon  
1 kiwi peeled  
half fresh mango or 3/4 cup of frozen mango  
a handful kale  
a handful spinach  
2 tbsp chia seeds  
1/4 cucumber  
300-350ml water

Blend until smooth.  
Serve with ice if desired.  
Serves 1-2 and makes about 700ml.



## The Hormone Balancer

<H> <BF> <D> <V>

Crazy PMS, sore heavy periods or no periods at all is not normal and this smoothie is set to help your regain your balance. The pumpkin seeds are full of zinc which supports progesterone release (an important hormone and often people have too little of this) whilst the linseeds are full of lignin which helps to block excess oestrogen, which is often what causes symptoms of PMS and they help alleviate menopause symptoms too.

### Ingredients

2 tbsp ground linseeds  
2 tbsp pumpkin seeds  
1/2 cup or 130g of cooked sweet potato  
2 medjool dates  
a pinch salt  
a handful kale  
1/2 avocado  
1 tsp cinnamon  
small slice lemon  
350ml water

Blend until smooth.  
Serve with ice if desired.  
Serves 1-2 and makes about 700ml.



## Cherry Bakewell

<BF> <GB> <P> <V>

Did you know peas are a fabulous source of protein? They're also naturally quite sweet, contain good amounts of vitamin K and are great at keeping your blood sugar levels stable. Cherries contain powerful antioxidants like anthocyanins and cyanidin, which help the body neutralise free radicals, which can cause a whole of diseases in the body.

### Ingredients

- 1 cup/100g frozen peas
- 1 cup frozen cherries
- 1.5 tbsp almond butter
- 300ml water
- a handful spinach
- 1/2 tsp vanilla essence
- 1 medjool date
- pinch salt

Blend until smooth.  
Serve with ice if desired.  
Serves 1-2 and makes about 500ml.



## Carrot Cake

<BF> <GB> <P> <V>

Can't be arsed to bake a carrot cake? Want something healthier? Boom here you go. This is full of omega 3 fatty acids which help promote all round health (hormones, skin, energy, immunity) and again high in antioxidants. This is also a great warming smoothie full of beta carotene and vitamin A makes this one powerful orange smoothie!

### Ingredients

2 carrots  
1/2 cup or 80g walnuts  
3 medjool dates  
1 celery stick  
350ml water  
a tsp cinnamon  
a thin slice fresh ginger  
1/8 tsp nutmeg  
salt  
1 tsp coconut sugar/honey/maple syrup

*Chop or grate carrots if using a low quality blender.*

Blend until smooth.  
Makes about 700ml , serves 1-2 .  
Serve with ice if desired.



*Canta - Loopy!*



## Chocolate Pudding

<BF> <GB> <P> <V> <KF>

Technically this has no vegetables in it what so ever as avocado is a fruit so this is perfect for those totally green smoothie skeptics as this is just a thick and tasty chocolate milkshake. Full of healthy fats and proteins, this will squash junk food cravings in minutes. And if anyone asks if it has vegetables or is healthy, you can say no with a clear conscious...

### Ingredients

1/2 avocado  
2 tbsp coconut cream  
pinch of turmeric  
300-350ml water  
2 medjool dates  
2-3 tbsp organic cocoa powder  
1/2 tsp vanilla extract

Blend until smooth.  
Serve with ice if desired.  
Serves 1-2 and makes about 500ml.



## Almond & Cinnamon Spice

<BF> <GB> <P> <V>

Most of us think we need to drink cow's milk in order to get calcium, but almonds are a brilliant source of calcium, along with spinach! So this is the perfect bone boosting smoothie, along with its blood sugar stabilising properties of cinnamon and the optional addition of spirulina which is an excellent source of vitamin B12.

### **Ingredients**

1/2 tbsp cinnamon  
3 medjool dates  
3 handfuls of spinach  
300ml water  
1/2 avocado  
2 tbsp almond butter  
1/2 tsp spirulina (*optional*)

*Not got almond butter? Try organic peanut butter instead.*

Blend until smooth.  
Serve with ice if desired.  
Serves 1 - 2 and makes about 750ml.



## Cherry Chocolate Chilli Bliss

<GB> <P> <V>

Now this is definitely more of a decadent sort of smoothie, but still jammed pack with green goodness of both kale and spinach. This makes one magnesium, vitamin C and antioxidant rich smoothie. Also cocoa is a great natural stimulant so makes for a great afternoon energy boost.

### Ingredients

2 bananas  
2 handfuls of spinach  
1/2 avocado  
a thin slice of chilli  
a small handful of kale  
2 tbsp organic cocoa powder  
1 tbsp almond butter  
1 cup frozen cherries  
(tsp honey or dates to sweeten if desired)

*Feel free to omit the chilli if you don't like spicy things*

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.





## Detox Zinger

<BF> <H> <V> <D>

Oh there is so much good stuff in this one - it will make your body SING!

The lemon peel is great for you liver; ginger wonderful for digestion; cucumber is an awesome source of vitamin C; iron/calcium/magnesium goodness of spinach; powerful anti-cancer properties of turmeric; protein power of spirulina and the hydrating power of good old fashioned water.  
BOOM.

### Ingredients

1 tsp size fresh chopped ginger  
1 peeled lemon and tiny bit peel  
4-5 medjool dates or to taste  
1/3 cucumber  
2 large handfuls of spinach  
1 celery stalk  
pinch turmeric  
300ml water  
a few mint leaves  
1/2 tsp spirulina (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.

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*Peaches & {Coconut} Cream*



## Berry Easy

<BF> <H> <V> <KF> <D>

Sometimes simple is best. So this is the perfect blend of frozen berries, kale, water, and other fruits. A great beginner's smoothie, but also fabulous for warding away a cold and it look just fabulous in a glass to will the brightness of the antioxidants coming through in it purple glow!

### **Ingredients**

2 cups or large handfuls of frozen mixed summer fruits  
2 handfuls of kale  
1 pear, apple or medjool date  
300ml water

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Chocolate Ginger Defence

<H> <GB> <P> <V>

I happen to have a slight addiction to dark chocolate with ginger in it - it tastes so good! So this smoothie is a healthier recreation of this chocolate bliss. Ginger is a fantastic medicinal root, it is great for calming the tummy, boosting circulation and helping with digestion. And if you add the baobab you also get a fabulous natural vitamin C boost too. So next time you feel under the weather defend yourself with a glass of chocolate goodness!

### Ingredients

1-2 tbsp fresh chopped ginger  
2 heaped tbsp organic cocoa powder  
1 banana  
1 medjool date  
2 handful spinach  
a tbsp almond butter  
2 tbsp coconut cream  
300ml water  
a tbsp baobab powder (*optional*)  
a tsp raw honey (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Tropical Slushie

<H> <V> <KF> <D>

This tropical and fruity wonder is wonderfully hydrating due to the cucumber and celery, but also has a sneaky boost with the added turmeric. Turmeric contains curcumin which makes it one super spice. It works as an antioxidant, it's great at reducing inflammation, allergies, joint pain, and even said to help prevent cancer.

### Ingredients

1 cup /100g frozen mango  
1 banana  
a handful of spinach  
a handful of kale  
1/4 cucumber  
2 tbsp desiccated coconut  
pinch salt  
1/8 tsp turmeric  
350 ml water  
10g creamed coconut 2 handfuls of ice  
1 tsp baobab powder (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2



## Pecan Pie

<GB> <P> <KF>

We all secretly fancy eating dessert for breakfast don't we? And some days that is entirely appropriate as alas pecan pie for breakfast every day may not be the best idea for your waist line. But this smoothie is the next best thing. With all the goodness of kale and spinach, the filling protein power of pecans (plus lots of vitamin E which is great for the skin) and some good fats from the butter. Yes I did just say butter! If you are not convinced that butter is good for you, then just [read here](#).

### Ingredients

2 handfuls of spinach  
1/2 cup pecans  
a small handful of kale  
1/8 tsp cinnamon  
1.5 tbsp maple syrup  
pinch salt  
1 banana  
tsp knob of organic butter or coconut oil  
300-350 ml water  
1 date (*optional*)  
a tsp maca powder (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



Cherry Chocolate Chilli Bliss



## Pure Chocolate

<BF> <P> <V> <KF>

This is definitely on the treat end of the smoothie spectrum, but if it is between a strawberries and cream frappe or this, then this wins. Not only is it creamy, rich, filling, and of course delicious it is also a sneaky way of getting all the goodness of spinach into even the most reluctant of smoothie slurper.

### **Ingredients**

400ml coconut milk  
2 handfuls of spinach  
2 - 3 medjool dates  
1 tbsp maple syrup  
a pinch salt  
3 tbsp organic cocoa powder

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.





## Chunky Monkey Cure

<GB> <P> <KF>

Feeling a bit rough one morning? Had a late night and have a hankering for something deep fried? Then trust me this is the better option. Full of potassium which is often a case for that hung over feeling, protein and fats from the peanut butter to help stabilise blood sugar and wonderful healing gelatine if you so wish. This will hydrate you and get you feeling fabulous any time of day!

### Ingredients

2 bananas  
1 medjool date  
2 handfuls of kale  
3 tbsp organic peanut butter  
500ml water  
1 tbsp gelatin (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.





## The Green Machine

<H> <GB> <V> <D>

This Green Machine will get your metabolism raring to go and is super kind to you sexy body! This is the most delicious detox drink you can have which has a slight spicy sweet edge to it. This is perfect for beating off a cold, for hydrating the body, powering up after a workout, or just simply for breakfast.

### Ingredients

a small handful of kale  
2 handfuls of spinach  
several pinches of chilli powder or thinly sliced chilli  
350ml water  
1-2 tbsp almond butter  
a very small handful coriander  
2 medjool dates (*more if desired*)  
1/3 cucumber  
1 banana  
1/2 spirulina (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



Lemon & Blueberry {Muffin}



## Sweet Recovery

<H> <GB> <P> <KF>

Sometimes we are just exhausted aren't we? Whether it's from hard core exercise or crazy schedules, this sweet recovery is a great way to replenish your carbohydrate supply as well as get some iron in there for energy, balance your blood sugar, rehydrate, and basically get rid of anything that is getting in the way of you feeling in tip-top shape and full of energy!

### Ingredients

1 banana  
150g cooked sweet potato  
a pinch salt  
1 tsp cinnamon  
2 handful spinach  
1-2 tbsp almond butter  
300-350ml water  
1 tbsp chia seeds (*optional*)  
1 tbsp gelatin (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Peaches & {Coconut} Cream

<BF> <H> <GB> <V> <KF>

This flavour would make your grandma proud! It has the sweet taste of peaches with the green goodness of kale and creamy goodness of coconut. This is a fresh, dessert like, smoothie that your body will thank you for!

### **Ingredients**

4 peaches - stone removed  
1 medjool date  
3 handful of spinach  
400ml coconut milk  
pinch salt  
1/2 tsp vanilla essence

Blend until smooth!  
Makes about 1000ml.  
Serves 1-2.



## Lemonade Detox

<BF> <H> <V> <KF> <D>

Lemons are your body's best friend. They support the liver, help alkalise the body, provide vitamin C, while the avocado will keep you full, and the coconut water will help rehydrate you after a sweaty workout or a hot summery day.

### Ingredients

300ml coconut water (optional but very hydrating and good for you)  
3 medjool dates  
1.5 peel lemons and a bit of lemon peel  
a tsp raw honey (*optional*)  
2 handfuls spinach  
1/3 cucumber  
1/2 avocado

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Chocolate Super Shake

<BF> <H> <GB> <P> <V> <KF>

We all have days when chocolate really is the only answer and thankfully you can answer these chocolate craving with this Super Shake. It is so healthy that you could even have it for breakfast and don't let the colour put your off this taste DIVINE!

With lots of magnesium from the cocoa, zinc from the pumpkin seeds, and amazing omega 3 fatty acids from linseeds this wonder is also great for helping balance out hormones and support fertility. Who said chocolate was bad for you? Not me...

### Ingredients

3 handfuls of spinach  
300ml water  
2 tbsp ground linseeds  
1 tbsp pumpkin seeds  
1 tbsp sesame seeds  
3 medjool dates  
2.5 tbsp organic cocoa powder  
a pinch salt  
a tsp maca powder (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



Tropical Slushie





## Sweet Green Smoothie

<H> <V> <KF> <D>

This is a great beginner's smoothie as it is sweet and fresh tasting with the goodness of vitamin K from the celery, crisp sharpness from the apple, and all the amazing multi-chain triglyceride fats from the coconut oil to keep your metabolism happy and your tummy full!

### **Ingredients**

2 celery stalks  
1/2 avocado  
1 green apple  
400ml water  
1 banana  
1 tsp coconut oil  
2 handfuls of spinach  
1 medjool date  
pinch of salt

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Blueberry & Lemon {Muffin}

<H> <GB> <P> <V> <KF>

Love blueberry muffins? Me too so I have made it into a smoothie! Blueberries are a great source of antioxidants, vitamins, and are a great low sugar fruit option. This makes for the perfect breakfast with the goodness from the almond, the healthy creamy fats from the avocado, the super hero goodness of the spinach, and that alkalising kick of the lemon. It is liquid muffin delight!

### Ingredients

zest of half lemon  
100g/1 cup blueberries  
1 banana  
2 handfuls of spinach  
1 celery stalk  
300ml water  
juice of a lemon  
1/2 cup or 60g almonds  
a pinch salt  
1/2 avocado

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



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## Fatty Fatty Boom Boom

<H> <GB> <V> <KF> <D>

It is time to overcome your fat phobia! Most of us steer clear from naturally fatty food, but this has you eating more natural high quality fats which are essential for overall health and this is a great place to begin. Think of it as an experiment - start deliberately eating more healthy fats and see how you feel...in fact I can tell you how you will feel -  
**AWESOME!**

### **Ingredients**

1/2 avocado  
1.5 bananas  
1 tsp cinnamon  
5 tbsp of melted coconut oil  
300ml water  
1/4 tsp turmeric  
a large handful spinach  
pinch salt  
tsp maca powder (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



Berry Easy



## Tropical Bliss

<H> <V> <KF> <D>

Suffer from inflammation in your joints, skin or sinuses? Well this smoothie is for you. Pineapple is a great source of bromelain, which is great for reducing inflammation in the joints, or on the skin, the coconut has wonder healing multi chain triglyceride fats, and the green leafy goodness of spinach helps to drive all unwanted inflammation away!

### Ingredients

1 banana  
2 large handfuls spinach  
100g pineapple  
2 tbsp desiccated coconut  
350ml water  
50g creamed coconut  
(1 tbsp of peanut butter tastes good with this one if you want a protein boost)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2



## Chocolate Peanut Power

<H> <GB> <P> <V> <KF> <D>

When the kitchen is a mess, the dishes are piling up do you just want something easy to power you through that is not from the biscuit tin? Then think of this as your power station! This is naturally this naturally high in protein, fat and feels more than a chocolate milkshake than anything 'healthy'.

Peas are a great source of natural protein along with good old peanut butter and gelatine. The coconut oil is also a fabulous healing and filling addition. So don't get overwhelmed just get Chocolate Peanut Power in you!

### Ingredients

1 banana  
2 tbsp organic peanut butter  
pinch salt  
50g / ½ cup frozen peas  
a handful kale  
3 tbsp melted coconut oil  
3 tbsp organic cocoa powder  
350ml water  
1 medjool date (*optional*)  
1 tbsp gelatin (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Pea Power Station

<H> <GB> <V> <D>

Peas are powerful and yes they are fabulous in a smoothie! Using frozen vegetables is a great way to reduce waste and ensure you're always able to get good stuff into your body. Peas are high in fibre and naturally sweet as well as being a good source of natural protein while the ginger is not a strong flavour is will help keep you tummy happy and calm. Sweet nutty goodness!

### Ingredients

100g/1cup frozen peas  
1 banana  
2 tbsp peanut butter  
1 handful of spinach  
a small slice fresh ginger  
1/8 tsp cinnamon  
350ml water or nut milk  
1/2 tsp spirulina (*optional*)

Blend until smooth!  
Makes about 700ml.  
Serves 1-2.



## Green Ease

<BF> <H> <GB> <P> <V> <KF> <D>

Not got much in the house? Just some frozen spinach, banana, and almond butter. This basic smoothie is full of protein, fats, and vitamin goodness to keep you going all day long! I always keep some frozen bananas and spinach in the freezer so that even when the cupboard is bare, green smoothie goodness can always happen

### Ingredients

3 handfuls (or frozen blocks) of spinach  
2 tbsp almond butter  
350ml water  
1 banana

Blend until smooth!  
Makes about 600ml.  
Serves 1-2.







# Juice Recipes

## Green Smoothie's Sexy Cousin

I get asked all the time about what is the difference between fresh juice and fresh smoothies. And in fact, it is one of my pet peeves when people tell me that they have just started drinking lots of juice, or that they have started juicing, when really they are making smoothies. There is a big difference between fresh juices and fresh smoothies so let's look at it.

### **Juices - whats the difference between juices and smoothies?**

When you make fresh juice you **remove** all/most of the fibre and bulk within the fruit or vegetables which means it yields less, but it means you

extract all the vitamins and minerals. Think of it as pure liquid health gold, as super healthy shots which are perfect for healing the body and boosting the immune system.

BUT the very important thing you need to be aware of, though, with juice is that because you are removing most or all of the fibre you also need to be careful of what you juice. Fibre as we read previously is a bulky substance that slows down digestion and helps clear the body out so if you remove it you are potentially left with a lot of vitamin and minerals and sugar. Meaning if we just juice fruits we are not only getting a vitamin and mineral shot, but we are also getting a sugar shot too.

Now without going into too much detail about sugar here consuming too much sugar, even from natural sources can cause addiction and a whole host of health problems within the body. So juicing is absolutely brilliant but when I talk about juicing I recommend at least using 80% vegetables or ideally 100%.

Smoothies are simply just blending the **whole** fruit of vegetable meaning you use less produce, get all the fibre meaning the end result is more filling and potentially with less of a sugar spike. But you can read all about why smoothies are good for you in Chapter 2.

I drink both as both are brilliant. Juices are great for cleansing the body and I will often drink one on waking and then eat breakfast later on when hungry. But smoothies are a better budget option as you use less produce so you get more bang for your buck.

### **But they are NOT the same thing.**

Juice does not have any whole blended fruit or vegetables in it. It is just purely the extracted juice from the vegetables and then the fibre and bulk of the vegetable is reused in other recipes or put on the compost heap.

So when it comes to making yummy fresh juice, you want 80% of your ingredients to be vegetables and 20% to be fruit, and in many cases you can just use naturally sweet vegetables (carrot, ginger and lemon is one of my favourite for example).

The recipes here are all vegetable heavy, but there are some great beginner's juices too, so once you have the green smoothie thing down, then why not try juicing and see how your body responds?

If you want to read more about the amazing benefit of juicing [read this article](#)

## What juicer should I use?

There is a whole host of juicers out there and I personally use a slow juicer, but I started off using a cheap centrifugal one before I knew I wanted to invest in a quality machine. You can find the juicer I use [here](#)

**Centrifugal Juicers** - These are often cheaper and the juice is extracted by a very fast moving metal grate, which extracts the juice from the pulp. The heat generated by the metal grate and the aggressive action used lessens the vitamins and minerals slightly meaning your juice may not be as nutrient dense. Cost £35-100+

**Masticating Juicer** - these are most expensive, but they slowly churn the fruit and vegetables and wring out slowly all the juice. It is a much gentler and slower process but leads to more pure and nutrient rich juice. Cost £180 +

**Ultimate Norwalk Juicer** - these are the Louis Vuitton of juicers as they produce the highest quality juice available but at a hefty price. £1800+

[See here](#) for the juicers I started with and [here for the slow processed masticating juicer I use now.](#)

(To see a juicing demonstration then just [click here](#))

## How to juice?

Well whatever juicer you purchase or have will come with specific instructions, but in general just follow these steps:

Clean and peel your vegetables.

You may need to roughly chop vegetables in order to fit into juicer although many juicers now will fit whole fruits and vegetables.

Use the pusher to push fruit and vegetables through the juicer.

Collect juice in a jug and enjoy with some ice if the sun is shining.



Sweet Success

# Recipes

These recipes serve 1-2 depending on if you want to share ;)

All these recipes are incredibly healing for your body, vegan, banana free and detox friendly!

<V> <H> <KF> <D> <BF>



## Sweet Success

This is a great beginner's juice as it tastes very sweet and is a winner with everyone I give it too. It is also a real all around body booster as the lemon is rich in vitamin C (a form of antioxidant), while the ginger helps to settle the stomach and the carrots are full of vitamin A (great for skin and eyes). I tend to have this if I feel a cold or virus coming on too.

### Ingredients

4 carrots  
a thin slice ginger  
1/4 peeled lemon  
1 pear or apple

Put in your juicer as per instruction.  
Makes about 500ml.



## Green Rocket Machine

This juice is just packed with green goodness. Rocket (arugula) is a fantastic source of folate so this juice is perfect for pregnant women or those wishing to conceive, while the fennel is a source of quercetin which is perfect for waving goodbye to allergies like hay fever. Then there is cucumber for hydration, ginger to aid digestion and pear and apple for a naturally sweet kick!

### **Ingredients**

a very small handful of rocket  
a large handful of kale  
1 pear  
1 apple  
1/2 fennel bulb  
1/4 peeled lemon  
a small piece ginger  
1/2 cucumber

Put in your juicer as per instruction.  
Makes about 400-450ml.



## Super Green Queen

Can you see that pretty much all vegetable juice is fabulous for you? But this super green juice rather super.

Cucumber are great at fighting inflammation and contain vitamin C, broccoli is a good source of iron and spinach - well we all know by now why spinach is so super.

(Spirulina is a optional extra, but a great source of vitamin B12, protein and is also a great natural detoxifier)

### **Ingredients**

2 green apples  
1 cucumber  
1/2 broccoli floret  
1/2 peeled lemon  
3 handfuls of spinach  
1/2 tsp spirulina - *optional*

Put in your juicer as per instruction.  
Makes about 500ml.



## Tummy Tamer

Got IBS, digestive issues, bloat or any other gut problems? Then get this juice in your beautiful body. Cabbage is known to help soothe inflamed tummies and is a great source of vitamin C and the ginger will ease any irritated tummy in no time. Take it consistently for a week or two and track improvements.

### **Ingredients**

1/8 red cabbage

6 carrots

1 apples

1 inch knob ginger

Put in your juicer as per instruction.

Makes about 500ml.





*The Green Machine*



## Fire Shot

Woke up with a stuffed nose, sore throat or foggy head? Then make this tiny shot and down it in one. I want you to know that it doesn't taste overly pleasant, but it makes the world of difference.

### **Ingredients**

a small thumb size ginger  
1 tsp turmeric  
1 small carrot

Put in your juicer as per instruction.  
Makes about 50ml and down it in one!



## The Pink Detox

Our livers are completely amazing. They detoxify and cleanse our whole body and blood every single day! But in our modern age we tend to be exposed to more junk and toxins than ever before, which is why this cleanse juice is so helpful. Beetroot juice is known to help alleviate constipation, and help detoxify the body.

I don't recommend consume lots of beetroot juice as it can have quite powerful detoxifying effects on the body, but this ratio is perfect.

### **Ingredients**

6 carrots

half lemon

1 handful kale

1/4 raw beetroot

Put in your juicer as per instruction.

Makes about 500ml.



## Fennel & Orange Delight

This is another great juice to begin with. We all love orange juice so this just has some sneaky additions of carrots and fennel to help boost your immune system and help you get that glow! Plus if you suffer from any digestive issues like IBS then this is the juice for you as fennel is often used as an antispasmodic and can help relax the gut and generally reduce inflammation (what IBS is the result of). Bottoms up!

### **Ingredients**

Half fennel bulb  
Two oranges  
5-6 carrots

Put in your juicer as per instruction.  
Makes about 500ml.



*Fennel & Orange Delight*



## Skinny Grapefruit Blast

Grapefruit is a fantastic source of vitamin C along with lycopene which is shown to have natural cancer properties. Grapefruit is also said to help in shifting those stubborn pounds by helping boost the metabolism and new research shows it to help at reducing blood glucose levels which is good news for diabetes sufferers. Plus the liver loving beetroots, tummy taming ginger are a sure bet for beating the bloat!

### **Ingredients**

1/2 grapefruit  
1.5 apple  
knob ginger  
small raw beetroot  
6-7 carrots  
1/4 lemon

Put in your juicer as per instruction.  
Makes about 500ml.



## Mint & Apple Bliss

This is definitely more of a cocktail than juice! Such a refreshing blend of flavours and a great beginner juices. Mint is also a wonderful digestive aid and is wonderful at soothing the stomach, is said to help relieve asthma symptoms when consumed by sufferers and help to kick acne in the but due to its antiseptic qualities. When you need something to quench your thirst to to give you a boost then this is a fabulous option for your wine glass!

### **Ingredients**

20 leaves mint or large handful  
2 handful spinach  
1.5 apple  
1 cucumber  
1/2 lemon  
slither of fresh ginger

Put in your juicer as per instruction.  
Makes about 500ml.



## Aspara-GLOW

Asparagus in juice? You bet ya! Asparagus is full of calcium, phosphorus, iron, sodium, potassium, selenium, as well as Vitamin A and C, E and K, folate, niacin, riboflavin, and thiamin. Phew. This is also fabulous for you skin (goodbye acne), sore joints, low immunity and even infertility as it contains Asparagine which is an amino acid that help to neutralise toxic waste and remove it through kidney. And it has all the goodness of the fennel (hello flatter tum!), cucumber and lemon to keep you body super happy!

### **Ingredients**

5 asparagus stalks  
1 cucumber  
1-2 apples  
handful spinach or kale  
1/2 peeled lemon  
1/2 fennel bulb

Put in your juicer as per instruction.  
Makes about 500ml.





Mint & Apple Bliss



# Nut/Seed Milk

## Recipes

### No Need to Moo

Making your own nut or seed milk is an easy way not only to get loads of wonderful nutrients held within the nuts and seeds, but it is also a great way to save money too.

Most of us do not handle dairy very well. Our bodies find the sugar lactose difficult to digest and it can cause havoc in our bodies. It often contributes to sinus issues, skin problems like eczema, allergies like hay fever and digestive upset. This is partly due to the heavy processing that modern milk has gone through. It is heavily treated and the naturally occurring enzymes within the milk that help us digest it are removed.

This is why, in general I tell people to avoid standard milk and to either make sure they get organic milk in order to ensure you don't get all the hormones

and drugs the cows are being pumped with. Or better yet, choose organic RAW milk which can be a harder to source, but beneficial for the body.

(What to find out more about whether dairy is right for you then [read this article](#))

If you live in a country that allows raw milk then do search for some otherwise why not make yourself a batch of some of these dairy free wonders.

### **What about calcium?**

Ah yes that the question I always get asked. But if you start to adopt a green smoothie a day habit you will be getting a whole lot of plant based calcium. Remember that kale and spinach both contain calcium, so do almonds and even dates!

Also these nut milks below are sources of calcium too. The almond and sesame seeds are especially great sources too.

### **Benefits**

Nuts and seeds are great sources of energy and are very nutrient dense. They are a good source of oleic and palmitoleic which can help defend against heart disease. They are also a source of omega 3 fatty acids which are believed to help reduce inflammation within the body (most disease is, in a basic form, a form of inflammation). Plus you get lots of vitamin E, B complex including folates - great for baby making!) vitamins, minerals like potassium, copper, manganese and iron which all contribute to

### **How?**

All you need for nut milks is a blender and either a nut milk bag ([available here](#)) or a piece of muslin cloth like one used for nursing babies. Then it is simply a case of blend and strain through the muslin cloth and store in fridge for 3-4 days.

### **What for?**

Use in teas, desserts, on cereal or porridge, smoothie, milkshakes, coffee, curries or in any recipe where milk is required.

### **Optional soaking**

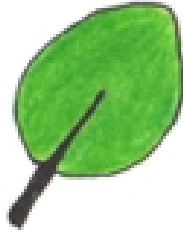
This is to make the nuts and seeds more digestible to the body so is advised for anyone who suffered from any digestive discomfort but you can read more about that [here](#).

All the smoothie recipes use water but feel free to use ANY of these milks in replacement of water for added creaminess and nutritional benefits. I just wanted to make recipes super delicious with just water but any of these milks will taste fabulous in all the recipes too.

They will last in the fridge for **about 3-4 days in the fridge** and need to be shaken or stirred before use.



Pistachio & Cardamon Milk



## Creamy Cashew Milk☒

This makes a great base for a vanilla milkshake and if using in coffee then why not add some melted coconut oil for a fat filled latte!

### Ingredients

2 cups / 250g cashew 1000ml water  
2 good pinches of salt  
1 tbsp maple syrup or raw honey or coconut sugar

### Instructions

*Optional* - Soak the cashews for about 1- 4 hours (you will see they go plump).

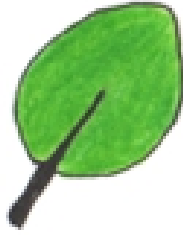
Drain the cashews and then place in blender with all the water.

Blend for about 1-2 minutes.

Add other ingredients.

Pour into a muslin cloth, in a sieve, or use a nut milk bag wring it out - ensuring all the liquid comes out.

Store in a glass bottle.



## Awesome Almond Milk☒

My go to nut milk and is a great neutral base for smoothies, sauces and of course cups of tea!

### **Ingredients**

200g/2 cups almonds

1000ml water

1tsp vanilla essence (sugar free)

1 tsp raw honey or 1 medjool date or 1 tbsp coconut sugar

3 good pinches of salt

### **Instructions**

*Optional* - Soak the almonds for about 8 hours (you will see they go plump).

Drain the almonds and then place in blender with all the water.

Blend for about 1-2 minutes.

Add other ingredients.

Pour into a muslin cloth, in a sieve, or use a nut milk bag wring it out - ensuring all the liquid comes out.

Store in a glass bottle.



Awesome Almond Milk





## Coconut Milk☒

A great option if you need to avoid nuts and super simple to make and taste great in curries, milkshakes and cereal!

Note this is a much thinner milk than the type you can buy in a tin, it is more of a everyday milk and is less creamy so bear this in mind if using it in recipes requiring coconut milk - chances are they mean from a tin. But the good thing is this milk has not gums, filler or other artificial ingredient in which can irritate peoples guts.

### **Ingredients**

80g desiccated coconut  
1 tsp vanilla essence - no added sugar  
3 good pinches of salt  
2 tsp coconut sugar or raw honey or 1 medjool date  
1 litre water

### **Instructions**

Place everything in the blender and blender for about 1 minute .  
Then strain using a nut milk bag or muslin cloth.  
Store in glass jug in fridge and stir before use.

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*Top Tip : I love using this milk in my vanilla milkshake recipe or in a chai latte*



## Super Seed Milk☒

Full of calcium, zinc and protein this nut free dairy free milk alternative is one super option for porridge, smoothies and more :)

### **Ingredients**

2 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
1 tbsp sesame seeds  
1000ml water  
a pinch salt  
1 tsp coconut sugar or raw honey

### **Instructions**

*Optional* - place the seeds in a bowl and cover it with water and soak for 2-3 hours.

Then drain seeds and place in blender with other ingredients and bender for 1-2 minutes.

Then using a nut milk bag or a muslin cloth, strain the milk into a glass jug.



Coconut Milk



## Brazilian Milk☒

I love this milk matched with anything chocolate! Whether iced mochas, milkshake, smoothies or even in ice cream, this selenium filled milk is going to make you skin sing!

### **Ingredients**

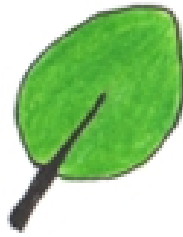
200g brazil nut  
2-3 pinches salt  
1000ml water  
1 tsp raw honey

### **Instructions**

*Optional* - place the nuts in a bowl and cover it with water and soak for 6-8 hours.

Then drain nuts and place in blender with other ingredients and bender for 1-2 minutes.

Then using a nut milk bag or a muslin cloth, strain the milk into a glass jug.



## Pistachio & Cardamon Milk☒

I love this milk. Its slightly green tinge and warming flavour make it the perfect accompaniment to rooibos or normal tea or if you fancy a flavour boost in your morning cereal!

### **Ingredients**

200g pistachios  
1000ml water  
2 good pinches of salt  
seeds from 2 cardamon pods  
2 tbsp coconut sugar

### **Instructions**

*Optional - Roast the pistachios in the oven at 160c for 20-25 min to enhance flavour.*

Then drain nuts, allow to cool and then place in blender with other ingredients and blender for 1-2 minutes.  
Then using a nut milk bag or a muslin cloth, strain the milk into a glass jug.



# The Green Smoothie Revolution!

So there you have it. You are now ready to become a green smoothie goddess (or god). And the really exciting thing is that as you create your green smoothie habit you will find that you start a mini revolution.

Skeptical partners will become converts, bemused colleagues will comment on your glow and even kids will want to get the green smoothie train.

And it is not your your own life that your impacting. Here at Super Naturally Healthy we are passionate about helping all people live free and healthy lives so we contribute a portion of each sale to charities supporting victims of trafficking. You can find out more [here](#).

# Online Resources

Here are some of the resources mentioned this book. Just click the link then right click save as on the resource itself to save to your computer.

[Green Goddess 7 Day Cleanse Meal Plan -Meat & Fish](#)

[Green Goddess 7 Day Cleanse Meal Plan – Vegetarian](#)

[Get the Glow Food and Mood Dairy](#)

[10 Day Green Smoothie Challenge Print Out](#)

[Click here to get your Green Smoothie Supplies!](#)

