



Smoothies and Juices

Liquid nutrition for

health and vitality



GLOBAL HEALTH RENEGADE

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Green Power Smoothie

Ingredients

2 apples, cored
2 bananas, peeled
1 - 2 cups water depending on how watery you like it
1/2 romaine (cos) lettuce or a whole or half bunch of large spinach

Method

Chop apples and bananas and place in the blender. Add the water and blend ingredients together for 30 seconds.

Add the romaine (cos) lettuce or spinach and blend until smooth.

You can add a few mint leaves for an unusual twist if you like or even raw honey if you choose.



Berry Boost Smoothie

Ingredients

2 apples, cored
1 cup raspberries
1 cup blueberries
2 cups of water
3 big handfuls of baby spinach

Method

Chop apples and blend together with the raspberries, blueberries and water for 30 seconds.

Add the baby spinach and blend until smooth.



Redlicious Smoothie

Ingredients

1 ½ cups watermelon
1 cup strawberries
½ cup water
1 tablespoon raw honey
Pinch or two of cinnamon

Method

Place the watermelon, strawberries and water in your blender.

Blend until smooth.

Add the honey and blend until smooth. Keep in mind that raw honey is generally quite solid, so make sure you blend it well.

Add the cinnamon and blend until combined.

Enjoy!



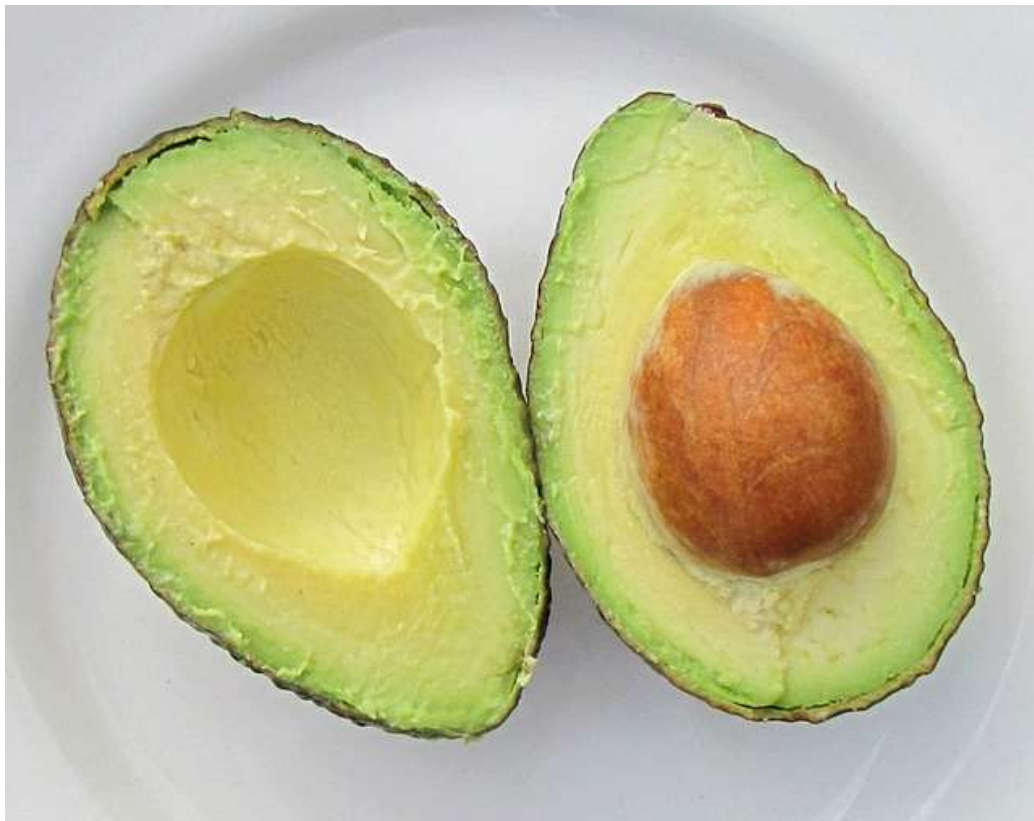
“Have an Avo”- Avocado Smoothie

Ingredients

1 avocado, pitted and flesh cut out
1 ripe banana, peeled
1 cup water
1 tablespoon extra virgin olive oil
1 tablespoon raw honey
A few ice cubes

Method

Add all the ingredients into a blender. Blend until you get a smooth consistency.



Fight the Cold Juice

Ingredients

2 oranges
1 lemon
1 inch piece of ginger

Method

Cut the skin off the oranges and lemon. Peel the skin off the ginger. Add the oranges, lemon and ginger to your juicer.

Here's to keeping the colds away!



Grape and Apple Juice with Citrus Splash

1 ½ cups of green grapes
1 apple, cored and chopped
½ lime
¼ lemon

Add all the ingredients to your juicer and juice them up.

Pour the juice in a glass and add a wedge of apple for decoration if you like.



Mixed Fruit and Veggie Juice

2 oranges, peeled
1 apple, cored
2 carrots
2 cups watermelon
1 large celery stalk

Chop all the fruits and vegetables so that they will fit into your juicer. Add all the ingredients to a juicer and process.

Pour into a glass and enjoy a juice packed full of nutrients!

