



Basic smoothie recipe

Select an item(s) from each of the following categories

1. Liquid – 200ml (decrease to make it thicker, increase to make it runnier)
 - Water
 - Coconut water
 - Milk – coconut, almond, rice, oat, dairy
2. Vegetables – 1.5 cups made up from 1 cup of green leafy (first category), plus ½ cup of other chopped veg (second category). This should be at least 60% of the ingredients
 - Baby spinach, kale, rocket, silverbeet, chard
 - Carrot, beetroot, cucumber, broccoli, celery, avocado
3. Fruit – ½ -3/4 cup made up from 2 different chopped fruits (fresh or frozen)
 - Berries (strawberry, raspberry, blueberry, blackberry), kiwi fruit, apple, pear, nectarine, plum, apricot, peach, apple, orange, pineapple, mango, banana, grapefruit
4. Extras – select 1 from 1 or 2 of the following categories
 - Dried herbs/spices - pinch of one - cinnamon, nutmeg, ginger
 - Fresh herbs - small piece of fresh ginger, tablespoon of mint/peppermint/lemon balm
 - Seeds / nuts – 1 dessertspoon – chia seeds, flaxseeds, pepitas, sunflower seeds, raw cashews, almonds
 - Oats (rolled) – 1 tablespoon
 - Yoghurt – 1 – 2 tablespoon
 - Ice – helps to keep smoothie cold

Combine and blend in food processor. Less powerful blenders will not cope as well with harder veg/nuts and larger items. Serve / store in glass.