



The Amazing Green Smoothie

Drinking green smoothies is the quickest and easiest way to obtain an incredible amount of bio-available nutrition. By adding one Green Smoothie to your diet every day you will bring about amazing positive changes in your health.

Green smoothies are easy to digest. When blended well, all the valuable nutrients in these fruits and vegetables become homogenised, or broken down into such small particles that it becomes easy for the body to assimilate these nutrients. The green smoothie literally starts to get absorbed and digested starting in the mouth.

Green smoothies reduce cravings for sugar and other processed foods that are not good for you. When you consume greens in the form of green smoothies, you can greatly reduce the consumption of processed foods in your diet.

Green smoothies can help you lose weight by reducing those cravings that keep sabotaging your weight loss goals.

Fibre in green smoothies helps improve elimination. The fibre acts like a powerful broom that sweeps the colon of toxins and waste.

Green smoothies are super tasty. With the ratio of 60:40 the fruit dominates the flavour, yet the green vegetables balance out the sweetness of the fruit.

Regular consumption of green smoothies forms a good habit of eating greens. After a few weeks of drinking green smoothies, you may find yourself craving and enjoying greens.

Green smoothies are a complete food because they still have the fibre-as opposed to juice where the fibre has been removed.

Beautiful skin, bright eyes and shiny hair. There is no skin cream or hair conditioner that can compare to regularly supplying your body with good nutrition.

In one drink you will be consuming a salad bowl full of nutrients – more than a week's worth of cooked processed, devitalized foods.

Green smoothies are incredibly quick to make and quick to clean up. No cooking, washing. It's much easier than juicing.

The diet that the average person consumes today is deficient in many essential nutrients. The Standard Australian Diet (SAD) does not provide adequate levels of fruits and vegetables and most Australians don't even meet the requirement of 2 servings of fruit and 4 servings of vegetables a day. Instead of eating fruits rich in vital nutrients, we consume large amounts of refined food, high in calorie, sugar and bad fats.

A green smoothie is a blended drink made-up of approx 40% dark leafy vegetables and 60% fresh fruits plus some added water.

They taste great because the predominant taste is the fruit but you get the nutritional benefits of the greens.

The addition of superfoods takes the green smoothies to new heights. Super foods are nutrient dense foods. You can one or many depending on your nutritional requirements.



The Green Smoothie

This is just an example, use whatever produce is in season.

Ingredients:

Choose one or a combination + 300-400ml of pure water.

Fruit Base

2-3 bananas, mangoes, kiwi, apples, pears.

You get the idea ☺

Greens:

Again a variety is good-

3 large handfuls of Kale, Cos lettuce, spinach, coriander, dandelion leaves or any other edible green leaves.

Superfoods:

Choose one or more (a heaped tablespoon in total)

Spirulina, camu, lucuma, maca, bee pollen, coconut butter, cacao powder, goji berries, flax seeds

Equipment:

A blender, I prefer a high powered like a vita- mix or Blendtec. If you are using a normal domestic machine you will have to cut the produce smaller and blend for longer. Add the superfood and blend briefly.

Fresh is best how, ever you can store a portion of this for 24hrs in a glass jar in the fridge. Make sure it is filled to the top to avoid as much air as possible.

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