



*Sensational  
Smoothies  
and Juices*

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This is a selection of some of my favorite smoothies & juices.  
These are perfect to take on the go or enjoy as a healthy snack.

## **Smoothies:**

### **Tips:**

- *Stock up on organic frozen fruits, since they're convenient to use in your smoothie and they're also very refreshing.*
- *Freeze bananas and grapes!*
- *Use unsweetened almond milk or coconut milk.*
- *A high-quality protein powder is great to add to smoothies, especially if you're making one for a morning meal or snack.*
- *Have fun and get creative with ingredients you have on hand.*

## Blueberry Banana

Serves: 1

- 1 cup coconut or unsweetened almond milk
- 1 scoop plant-based protein powder (optional, but good to add!)
- 1 tablespoon ground chia seeds (optional)
- 1 cup blueberries (can use frozen)
- 1 banana (Tip: Freeze some bananas for making your smoothies, you can add them right in frozen!)
- 1/2 cup spinach
- 2 tablespoons tahini (or organic unsweetened nut butter, like almond)
- Add 1/4 teaspoon cinnamon if you want a warmer feel (optional)

Steam the spinach. Mix well in blender, adding in a little ice if you like, while blending.

## Nutty Fruit Smoothie

Serves: 1

- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1-2 Tbsp almond butter
- 1 Tbsp ground flax seed
- 1/2 cup berries (fresh or frozen)
- 1/2 banana
- 1 handful spinach

Steam the spinach. Blend to desired consistency adding a little ice if you like, while blending.

## Green Tea and Grapes Smoothie

Serves: 2

- 3 cups frozen white grapes
- 2 cups baby spinach
- 1 1/2 cups strong brewed green tea (Make a pitcher ahead and store in fridge, then you have a nice refreshing glass of tea ready for you, too!)
- 1 medium ripe avocado
- 2 teaspoons honey

Steam the spinach. Combine all ingredients in a blender and enjoy immediately!

**Tip:** Double up on the tea bags to brew strong tea and make sure to not “over-steep”. 3-5 minutes is plenty.

## **Nutty ‘Nana**

Serves: 2

- 1 bananas, broken into chunks
- 1 cup unsweetened almond milk
- 1/4 cup nut butter
- 1 T. honey, or to taste
- 1 cup ice

Mix all in blender

## **Green Smoothie**

Serves: 1

- 1 cup kale or collard greens, stems removed.
- 1 Granny Smith apple, coarsely chopped
- 1 ripe banana
- 2 cups water (plus more if needed)

Steam the kale (or greens). Combine all ingredients in a blender, and blend until smooth. If too thick, add a little more water.

## **Juices**

**Tip:** Use organic vegetables and fruits whenever possible. Always wash fruits and vegetables thoroughly. Play around with combinations, use fruits and vegetables that look nice and fresh in your local market. All juices listed below are one serving.

### **Morning Awakening:**

- 1/2 pink grapefruit
- 1 orange
- 8 strawberries

Peel orange and grapefruit, always leaving as much of the white “pith” or flesh as possible. Cut up the fruit into segments and juice all together with strawberries.

### **Wake-Up and Blush:**

- 1 (1 to 2 inches thick) pineapple round (skin removed)
- 1/2 to one whole pink grapefruit (peeled, leaving white pith)
- 1 orange (peeled)

Blend all in juicer

### **Pink Lady:**

- 1/2 to one whole peeled grapefruit
- 2 apples (cut into wedges)

Blend all in juicer

### **Vic's Favorite:**

- 2 oranges, peeled
- 3 carrots (trimmed and cut into 2-3 inch pieces)
- 2 apples (cut into wedges)

Blend all in juicer

### **Winter Pick-Me-Up:**

- 6 carrots (trimmed and cut into 2-3 inch pieces)
- 1/2 beet (cut into small wedges)
- 3-4 sprigs of parsley

Blend all in juicer.

### **Spinach & Carrot:**

- 6-7 carrots (trimmed and cut into 2-3 inch pieces)
- large handful of spinach

Steam the spinach. Start with some of the carrot, add in spinach, end with carrots, blending all in juicer.