

Top tips for healthy eating

1. Avoid sugar and refined carbs
2. Eat regularly
3. Eat more vegetables
4. Include some healthy fat and protein
5. Keep well hydrated

Smoothies can be a good way to help increase vegetable and fruit intake. However

- at least ½ of the smoothie should be vegetables
- avoid using too much fruit
- always include some healthy fat / protein
- don't add sweeteners or fruit juice
- you still need to eat a healthy diet!

Vegetables – 50 %	Fruit	Protein / fat	Liquid	Extra
Spinach	Berries (fresh / frozen)	Avocado	Water	Protein powder
Kale		Coconut milk	Coconut water	Ginger
Rocket	Apple	Yoghurt	Cold herbal tea	Turmeric
Watercress	Orange	Kefir	Nut milk	Cinnamon
Lettuce	Lemon	Nuts	Kombucha	Vanilla
Celery	Pineapple	Seeds		Green powder
Cucumber	Kiwi	Nut butter		Matcha tea
Fennel	Plum			Herbal tea sachet
	Banana			

Pina colada smoothie

Preparation time: 5 minutes

Ingredients:

handful fresh pineapple, incl. core
 2 cups coconut water
 1 apple, quartered and deseeded
 ½ - 1 avocado, peeled and stoned
 2 handfuls baby spinach
 ½ handful fresh coriander(optional)
 1 inch piece fresh root ginger
 1 – 2 tbsp. shelled hemp / protein powder

Directions:

- Place all ingredients in a blender and blend until smooth
- Replace fresh spinach with 4 cubes frozen spinach

Creamy chocolate smoothie

Preparation time: 5 minutes

Ingredients:

2 cups unsweetened almond milk
6 squares frozen spinach / kale
2 pitted large Medjool dates
2 tablespoons hulled hemp seed
2 tablespoons unsweetened cocoa powder
1 large frozen banana
dash of cinnamon
few drops vanilla extract

Directions:

- Place all ingredients in a blender and blend until smooth
- Add an avocado for a creamier version

Avocado super smoothie

Preparation time: 5 minutes

Ingredients:

- ½ - 1 avocado
- handful torn kale leaves
- large handful frozen berries
- handful pineapple including core
- 2 cubes frozen spinach
- ¼ cucumber
- 2 cups coconut water

Directions:

- Place all ingredients in blender and blend until smooth
- Add seeds for additional protein

Anti-inflammatory smoothie

Preparation time: 5 minutes

Ingredients:

2 handfuls kale
2 – 3 tbsp. coconut milk
handful pineapple
handful mango
Juice of ½ lemon
1 inch piece fresh ginger
¼ teaspoon ground turmeric or small piece
fresh turmeric, to taste
1 tbsp. ground linseeds

Directions:

- Place kale and coconut milk into blender and blend until smooth
- Add remainder of ingredients and blend