

Smoothies and Juices



Mint-Chocolate Chip Smoothie

Serves 2

Ingredients:

1 1/2 cup vanilla almond milk

1 banana

1 avocado

2/3 cup fresh spinach

8 mint leaves

1/8 tsp peppermint extract

1 tbsp raw cacao nibs

3 ice cubes

Directions

Combine all of the ingredients in a blender starting with the almond milk and ending with the ice cubes. Blend for 1-2 minutes or until the mixture is smooth throughout. BY ANNA GANNON

Basic Almond Milk (Dairy free)



Servings: 3

Ingredients:

1 cup raw almonds

3 cups filtered water

2-4 dates OR 1 T of honey OR a few drops of liquid stevia

1/2 tsp of vanilla extract

1/4 tsp Himalayan salt or sea salt

4 1/2 cups filtered water

Directions:

1. Soak almonds in 3 cups of water overnight.
2. In a colander, drain and rinse well (skins will be soft).
3. In a blender add the soaked almonds, dates (or other sweetener), vanilla, salt, and water.
4. Blend on high speed until the mixture is finely blended, about 1 minute.
5. Position the bag over a large bowl or pitcher and pour in the nut milk puree.
6. Twist and squeeze the bag gently, allowing the filtered milk to collect until the pulp is dry.
7. Refrigerate immediately and serve well chilled.

BERRY SMOOTHIE



Ingredients:

1 cup milk

3 tablespoons sugar

1 cup frozen unsweetened strawberries

1 cup ice cubes

1 cup frozen unsweetened raspberries

Directions:

Place the milk, berries and sugar in a blender; cover and process until smooth. Add ice cubes; cover and process until smooth.

BLUEBERRY SMOOTHIE



Ingredients:

1 cup blueberries (frozen or fresh)

1/2 teaspoon vanilla extract

1 (8 ounce) container plain yogurt

1/8 teaspoon ground nutmeg

3/4 cup 2% reduced-fat milk

2 tablespoons white sugar

DIRECTIONS:

1. Blend the blueberries, yogurt, milk, sugar, vanilla, and nutmeg in a blender until frothy, scraping down the sides of the blender with a spatula occasionally. Serve immediately.

GROOVIE SMOOTHIE



Ingredients:

2 small bananas, broken into chunks
1 cup frozen unsweetened strawberries

1 (8 ounce) container vanilla low-fat yogurt
 $\frac{3}{4}$ cup milk

DIRECTIONS:

1. In a blender, combine bananas, frozen strawberries, yogurt and milk. Blend until smooth. Pour into glasses and serve

JOE CROSS' MEAN GREEN JUICE (serves 1)

Ingredients:

Apples - 2 medium (3" dia) 364g

Ginger Root - 1 thumb (1" dia) 24g

Celery - 4 stalk, large (11"-12" long)
256g

Kale - 6 leaf (8-12") 210g

Cucumber - 1 cucumber (8-1/4") 301g

Lemon - 1/2 fruit (2-3/8" dia) 42g

Directions:

Process all ingredients in a juicer, shake or stir and serve.

PROTEIN AND ANTIOXIDANT RICH BREAKFAST SMOOTHIE (serves 1)

Ingredients:

1 handful of greens (spinach, kale, watercress, etc)

1 handful of frozen or fresh mixed fruit (I prefer frozen)

1/4 cup unsweetened coconut milk

1/2+ cup unsweetened almond milk

1 teaspoon green powder mix

1 tablespoon hemp seeds

1 teaspoon chia seeds

1 tablespoon raw unsweetened cacao

1 tablespoon goji berries

6 walnut halves

1 teaspoon honey (optional)

Directions:

Layer all dry ingredients into the NutriBullet cup or blender and pour the milks over the top. Blend on high for about 15 seconds and drink on an empty stomach or in conjunction with a healthy breakfast.