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Naturopathy, Nutrition & Kinesiology

Basic green smoothie recipe (variations) – blend together:

- 250 ml milk (unsweetened nut or rice milk work best or try oat or soya)
Experiment with the milks, some people prefer to use water

Choose 4 green veg from the list below. Try to vary your greens each day). Try to eat organic to support the liver

- 1 cup of watercress
- 1 cup of kale
- 1 cup of lettuce
- 1 stalk of broccoli
- 1 dessert spoon of parsley
- 2-inch stick of cucumber or celery
- Half an avocado
- 1 cup of baby leaf spinach

Choose 1-2 fruit portions from the list below.

- ½ pear
- ½ apple
- 1 dessert spoon of blueberries (frozen works well)
- 1 dessert spoon raspberries (frozen works well)
- 1 medjool date
- 1-inch piece of banana (frozen works well)

Things you can add into your smoothie to make it more interesting (and more nutritious) or thicker:

Choose 1 or 2 at a time

- 1 tbsp ground flaxseed or soaked sunflower/pumpkin seeds

- 1 tsp maca powder (great hormone balancer and energiser)
- ½ tsp ground cinnamon
- 1 tsp of dried wheat grass or dried barley grass
- 1/ teaspoon of camu camu powder (high in Vit C and great for mood)
- 1 teaspoon of almond/pumpkin/sunflower butter