



**SANDRA NUTRITION**

# **JUICES & SMOOTHIES**

THE ULTIMATE GUIDE TO  
CREATING YOUR OWN  
HEALTHY SMOOTHIES AND  
JUICES

# JUICE RECIPES

## **Green Detox Juice**

- a handful of spinach
- a handful of parsley
- A knob of ginger
- 1/2 lemon
- a green apple

Place ingredients into your juicer in the order shown above.

## **Beet Cleanse Juice**

- 1/2 beetroot
- 2 carrots
- 1/2 lemon

Place ingredients into your juicer in the order shown above.

## **Cleanse Juice**

- 5 mint leaves
- 2 slices ginger
- a handful of parsley
- a handful of spinach
- 1 celery stalk
- 1/2 lemon
- 1 green apple

Place ingredients into your juicer in the order shown above.

## **Fennel and Apple juice**

- 2 apples
- 1 fennel bulb (discard the green stems)

# JUICE RECIPES

## **Turmeric Ginger Juice**

- 3 slices ginger
- 3 carrots
- 1 orange
- 1 tsp. turmeric powder

Place ingredients in the order shown above. Do not place turmeric powder into your juicer. Mix turmeric powder into your cup after the juice is made.

## **Tonic Juice**

- 2 green apples
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice

Place apples into your juicer. Mix apple cider vinegar and lemon juice into your cup after juice is made.

## **Celery Juice**

Place equal amounts of celery stalk and leaves into your juicer.

## **Lymph and Blood Cleanse**

- 8g coriander
- 1 whole celery stalk
- 3 TBSP. lemon juice
- 1/2 beetroot
- 1/2 green apple

Place ingredients into your juicer the order shown above.

# SMOOTHIE RECIPES

## **Green Breakfast Smoothie**

- 100ml almond milk
- 1/4 avocado
- 1/2 soft pear
- 1/2 banana
- 1 handful of spinach
- 1 tsp. hemp protein powder.

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Choc Smoothie**

- 100ml almond milk
- 1 banana
- 1/4 avocado
- 1/2 tsp. maca powder
- 1 tsp. cocoa powder

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Iron Smoothie**

- 100ml almond milk
- 10g baby spinach
- 1 date
- 1/4 banana
- 1/4 ripened pear
- 1/4 ripened persimmon
- 1/4 avocado

Add all the ingredients in your blender. Blend for 30sec on high power.



# SMOOTHIE RECIPES

## **Minty Chocolate Smoothie**

- 250ml dairy free milk
- 1 banana
- 1/4 avocado
- 2 Medjool dates
- 1 handful of fresh mint
- 1 tbsp. cacao powder
- 1/4 tsp. maca powder
- 1 cup ice

## **Green Detox Smoothie**

- 150ml almond milk
- half a banana
- half a soft pear
- a handful of spinach
- 4 mint leaves
- 1 tsp. hemp protein powder.

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Spiced cinnamon Smoothie**

- 100ml almond milk
- 1/2 a banana
- 1/2 soft pear
- 1/2 tsp. cinnamon powder
- 1/2 tsp. nutmeg powder
- 1 clove, grind with a mortar and pestle.

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Sleep Well Smoothie**

- 150ml oat milk
- 2 bananas
- 1 tsp. raw honey

Add all the ingredients in your blender. Blend for 30sec on high power.

# SMOOTHIE RECIPES

## **Oat berry Smoothie**

- 200ml oat milk (Oatly)
- 2 tbsp. rolled oats
- 1/2 cup frozen blueberries
- 1 banana
- 1/2 pear
- 1 tbsp. hemp protein powder

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Watermelon Smoothie**

- 150ml apple juice
- 100g watermelon
- 50g frozen strawberries
- 1/2 banana
- 3 mint leaves
- a pinch of celtic salt

Add all the ingredients in your blender. Blend for 30sec on high power.

## **Dragon fruit Smoothie**

- 150ml oat milk (Oatly)
- 1 bananas
- 50g frozen mango
- 50g frozen dragonfruit

Add all the ingredients in your blender. Blend for 30sec on high power.

# MULTIVITAMINS IN A JUICE

We all need our daily vitamins and what better way to obtain them than in a tasty cup?

A cup of vegetable juice each morning for breakfast is a great way to obtain your daily multivitamins and minerals.

It can supply vitamins, minerals and enzymes to your body, leaving you energised, nourished and refreshed.



# JUICING TIPS

## DO'S



Use a cold-press juicer. It destroys less nutrients than a standard juicer.

Combine green apple with green leafy veggies such as spinach and parsley to add a hint of natural sweetness to your juice.

Add hemp protein after your juice is made for added fibre and protein to help you feel fuller for longer.

## DONT'S



Don't juice too much fruit. Juice more vegetables instead such as carrot, beetroot and celery.

Don't leave your juice sitting for long. The longer it sits, the more nutrients are lost.

Do not put any powders into your juicer. Mix powders in the cup only.



# FRUITS & VEGGIES TO JUICE

## Healthy Ingredients

**Green leafy vegetables:** Kale, Spinach, Rocket, Celery.

**Hard vegetables:** Carrot, Beetroot, Broccoli, Cucumber, Radish.

**Herbs:** Ginger, Mint, Fresh Turmeric, Basil, Coriander, Parsley.

**Low-sugar fruits:** Apple, Pear, Pomegranate

**Lemon and lime.**

# JUICING - QUANTITY

## Quantity of Each Ingredients

**Green leafy vegetables:** 1 cup of leafy greens.

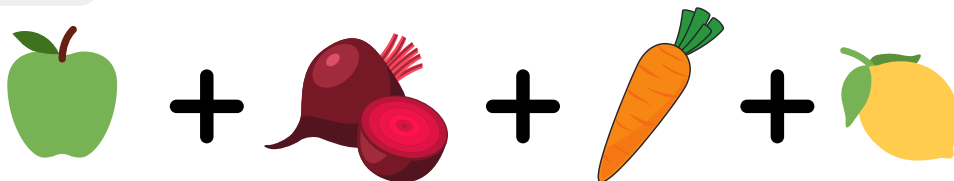
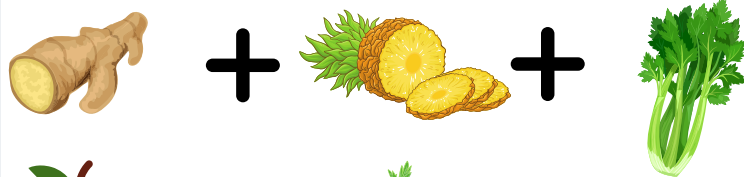
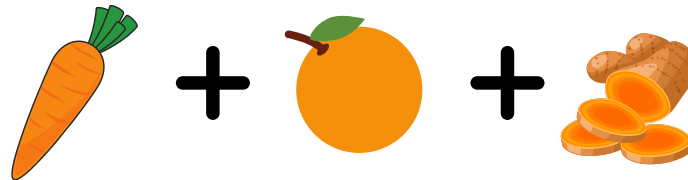
**Hard vegetables** (carrot, beetroot, broccoli): 1/3 of cup.

**Herbs** (Ginger, Basil, Mint, Parsley, Coriander, Fresh Turmeric): Ginger - 1 knob = 10-15g. Leafy Herbs: 5-10 leaves.

**Fruits:** No more than 2 serves of fruit.  
2 SERVES = 2 WHOLE FRUITS.

**Lemon or Lime Juice:** 1 teaspoon or 1 tablespoon.

# JUICES - BEST COMBO



**Juicing Tips:**  
Use hard ingredients first and then soft ones.

Hard fruits work for juicing, whereas soft fruits work for blending into a smoothie.

Green leafy vegetables such as spinach leaves, mint leaves and kale leaves work for both juice and smoothies

You can place the whole lemon (with peel) into the juicer to obtain the healthy essential oils from the peel of the lemon skin. This works for other citrus fruits such as oranges.

# SMOOTHIES

## SMOOTHIES - 4 PARTS

1. **Base** - coconut water, almond milk, macadamia milk. Don't use plain water.
  2. **Thickener (creamy textures)** - Avocado, Banana, Paw paw
  3. **Fruit/Vegetable** - Choose low-sugar fruits (Acai, blueberries, strawberries, raspberries, banana, paw paw, soft pear, kiwi, dragon fruit) and Green leafy vegetables (spinach, kale, parsley, mint)
  4. **Protein:** Good quality protein powders (Hemp protein powder, pea protein powder or non-denatured whey protein - grass fed)
- For a green smoothie, add the above plus 15 baby spinach.
  - For a chocolate smoothie add the above plus 1 tbsp. cacao powder and 1/4 tsp. maca powder
  - For a fruity smoothie, add the above list plus 50ml unsweetened pineapple juice, handful of frozen dragon fruit
  - For a berry smoothie, add the above list plus 1 cup frozen mixed berries and 2 tbsp. Yoghurt

### Why you should not add fats to your smoothie:

- Combination of fat with sugar places a burden on our liver.
- Can cause indigestion and an upset stomach.
- If you are already adding avocado to your smoothie you are already consuming healthy fats.
- Additionally, healthy fat foods such as nuts and seeds have happened to cause bloating, intolerances and some allergies.

### Why you should add green leafy vegetables:

- green leafy veggies such as spinach, kale and mint help with digestion
- also contain chlorophyll to detoxify and cleanse the body



# SMOOTHIE TIPS

## DO'S



Choose soft textured fruits such as banana, paw paw, soft pear and strawberry for a real smoothie texture.

Add good quality protein such as hemp protein or whey protein. Whey protein: add them at the very end so that you do not denature the protein. Pulse the machine lightly when whey is added.

## DONT'S



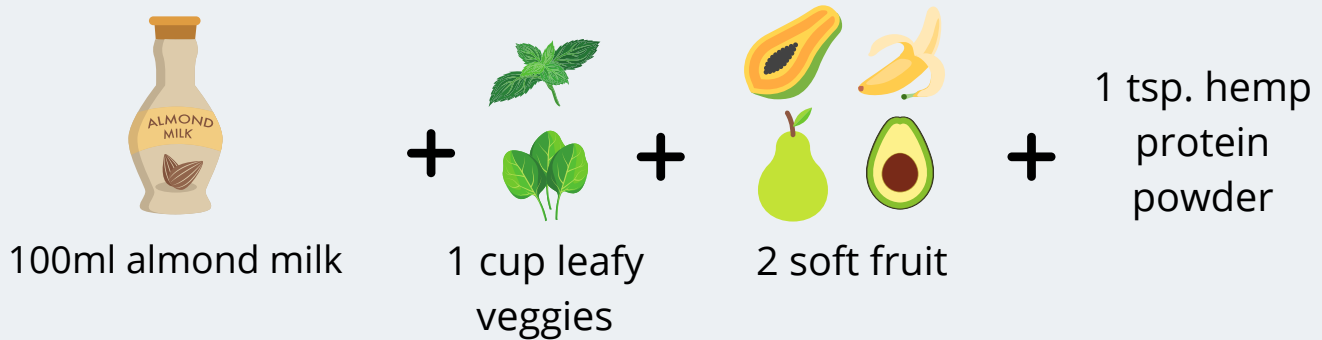
Do not add tap water or cows milk for your smoothie base. Use either coconut water, almond milk or other dairy free milk.

Avoid adding ice cubes to your smoothies unless you want a thicker, colder and blander smoothie.

Do not add more than 2 serves of fruits per serve of smoothie. You do not want to exceed daily fruit serve.

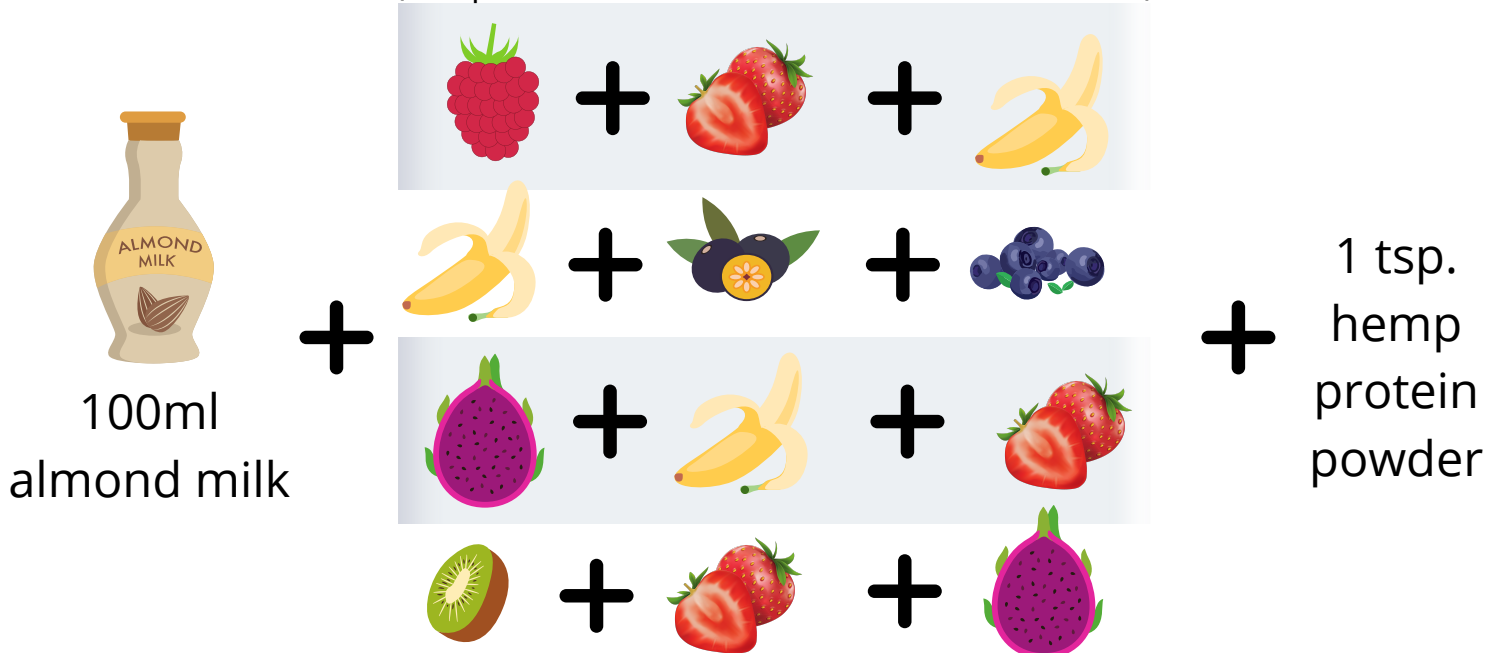
# SMOOTHIE - BEST COMBO

## Green Protein smoothies



## Protein smoothies

(2 cups of fruit is the maximum amount to add)



# Superfood Ingredients

## **Spices that work well together:**

Turmeric + black pepper

Turmeric + ginger

Matcha + wheat grass

Cocoa + maca

basil + mint

clove + cinnamon

clove + pepper + cumin

## **Herbs & Spices for nutrients, flavour and colour:**

- acerola cherry powder
- baobab powder
- basil
- black pepper
- cinnamon powder
- clove
- cocoa
- collagen powder (grass fed)
- dandelion root powder
- ginger powder
- ginkgo biloba powder
- ginseng powder
- nutmeg
- organic whole food powder
- maca powder
- matcha powder
- milk thistle powder
- mint
- PAU D'Arco powder
- parsley
- psyllium husk powder
- turmeric powder
- vanilla bean
- wheatgrass

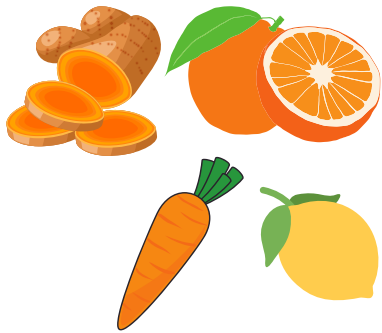
# JUICES/SMOOTHIES - COLOURS



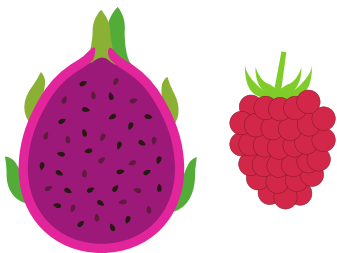
BLUE/PURPLE -blueberry,  
Acai berry



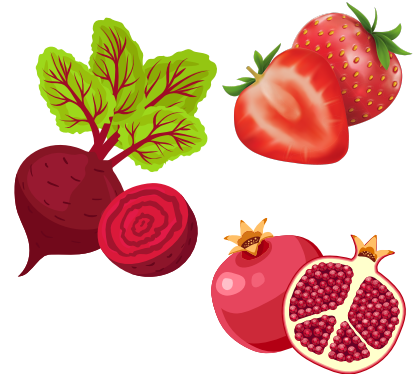
GREEN - apple, pear,  
broccoli, spinach, mint,  
celery, kale, parsley, kiwi,  
matcha, wheatgrass.



YELLOW-ORANGE -  
turmeric, orange, carrot,  
lemon



RED - beetroot, watermelon,  
strawberries, pomegranate



PINK - dragon fruit,  
raspberries



BROWN - cocoa, cinnamon,  
nutmeg



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