



Top Tips

Add ice-cubes if you prefer a colder drink (though you don't want it so cold it's a shock to your digestive system!)

Wash the blending jug out before you enjoy your drink – otherwise it will be so much harder to clean later.

Children like to drink theirs through a straw so have a good supply in.

Only make the amount you are going to drink at any one time, otherwise the quality deteriorates quite quickly due to oxidation.

Equipment needed

I use a Vitamix, but a good quality blender will do.

Ingredients

In essence a super green smoothie basis is:

- ❖ spoon of ground flaxseeds (linseed)
- ❖ spoon of Dr Udo's oil (providing essential omega 3.6 & 9), flax or hemp will do
- ❖ spoon of bee pollen (for youth)
- ❖ spoon lecigran (supplier – Lanes) helps breakdown of fats
- ❖ AND anything else you like to take
- ❖ handful of blueberries or any other berries of your choice
- ❖ sprouted mung beans or any spouts you have grown or can buy from your health shop
- ❖ spinach or any greens available
- ❖ whole cucumber
- ❖ add pure / distilled / bottled (but not tap) water to dilute to taste.

Instructions

Simply put everything into a blending jug and blend until you have the consistency you desire, pour into a glass and enjoy.

SUPER GREEN SMOOTHIE



The daily healthy ratio to work towards is **10% fruit** (to minimise fructose – it's still sugar by any other name) and **90% greens**.

This meal is instead of any other breakfast foods, it is best digested on an **empty stomach** and shouldn't be followed by solid food for at least 30 mins, ideally a few hours as you really won't be hungry for solid food anyway.

Enjoy freedom from measuring anything – just put in the amount you like, feel free to add or subtract ingredients to **suit your own palate** and contents of your fridge.

Use **organic ingredients only** to avoid ingesting a whole range of nasty chemical extras. If an ingredient is out of season, don't be tempted to buy non organic, just do without or use a substitute.