

Green Smoothie



blender required

4 banana's

4 dates

1 handful of greens (organic cos lettuce, spinach, silverbeet, kale, etc etc)

1 ½ cups water

1 *tablespoon of flaxseeds (optional)*

1 *tablespoon of maca powder (optional), or cacao powder (optional)*

BLEND until smooth

Green is my favourite colour – well not really – pink is. So if you have an aversion to Green, add half a dragon fruit to this smoothie and it becomes a *pink* smoothie – ideal for children. Regardless of the colour, it still packs a nutritional punch.

Wild Green Smoothie

Pick a handful of dandelion leaves and ribwort leaves (plantain) – if you're not sure, don't guess!

Banana's

Dates

Water

BLEND until smooth



Green Juice

juicer required

Dark green leaves – silverbeet, kale, bok choy, chum soy, tat soy, spinach, etc etc

2 oranges

Small piece of fresh ginger

1 or two apples (no need to peel)

Put all ingredients through the juicer.

Grapes Green Juice



juicer required

2 handfuls of grapes

A couple of leaves of cabbage

Small knob of ginger

½ stick of celery

1 small cucumber

Small amount of spinach leaves

1 ½ cups water

Put all ingredients through the juicer.

KEY:

DEGREE OF DIFFICULTY:



Juicer

Easy-peasey



Blender

