

Alkalyzing Nutrient Rich Green Smoothie

10 ingredients · 10 minutes · 2 servings



Directions

1. Add 3 cups of filtered water into the blender.
2. Add powders and fruit.
3. Chop the celery into chunks and add to the blender.
4. Add the nuts and cucumber and fill the blender with the greens.
5. Blend until smooth. Don't over-blend as this can destroy some of the nutrients.
6. Divide the smoothie into two containers and drink as a snack or meal replacement.
7. ****Note:** 5 pieces of banana is equivalent to around 3/4-1 whole banana.
8. ****Note,** if possible, try to use organic berries as they can be heavily sprayed. If using frozen berries, check that the fruit is Australian and not from China where growing practices can be less than desirable.

Ingredients

3 cups Water (Clean filtered water or spring water)

2 tsps Greens Powder (Powdered greens can be bought from Health Food shops, chemists and some leading supermarkets. Look for a good quality product that is rich in nutrients. If possible, choose a product that includes Spirulina.)

2 tbsps Protein Powder (Aim for a vegetable based protein powder such as Hemp or Pea Protein. Choose a quality product and refer to the package for serving size.)

5 pieces Frozen Banana (Buy bananas when they are cheap or ask your supermarket if they have any older stock out the back. You can often get them very cheap that way. Peel them, chop into chunks and freeze in a snap-lock bag.)

1/2 cup Blueberries (You can use fresh or frozen or any other berries or half a kiwi fruit. Look for local product and not grown overseas.)

2 stalks Celery (Wash it well)

2 pieces Brazil Nuts (Please ensure they are raw and not salted or roasted)

1/8 Cucumber (Aim for a 5cm length or more if you like)

1 cup Baby Spinach (Around a handful)

1 cup Mixed Greens (Fill the blender, should be nearly full by now, push it in!)