



## GREEN SMOOTHIE

The green smoothie is an integral part of a healthy diet but especially beneficial when there is a need to build nutritional status, recover from an ailment or build energy.

The concept comes from a book by Victoria Boutenko called "Green for Life". The ingredients are:

1. **Green leafy vegetables**—a combination of two or more of the following or one type alternating every two to three days: spinach, cos lettuce, dandelion, water-cress, parsley, bok choy, broccoli, celery, baby spinach leaves, collard greens, kale, beet or carrot tops - Use approx 500g
2. **Fruit**—any combination according to taste and season, example 2-3 bananas, peaches, berries (frozen or fresh).
3. **Water**—about one litre (purified of course).

Add all of the above into a blender, blend well and drink the same day.

This should be very smooth with no chunks. Being blended, the protein, minerals and nutrients are easily available for absorption and your digestive system doesn't have to work too hard to obtain the optimum value from the greens.

Having a green smoothie daily not only provides essential nutrients and an alkalisng drink, it also enhances your stomach's ability to produce hydrochloric acid while the fibre assists in cleansing your colon. Also, due to the high fibre content, fruit sugar is absorbed slowly providing sustained energy.

For more nutrients try adding some spirulina or maca powder; Omega 3 or flaxseed oil; ground nuts or spices like cinnamon or nutmeg.

More recipes at: <http://www.rawfamily.com/recipes.htm>