

SMOOTHIES

HOMEMADE ALMOND MILK – low fat

Almond milk is a standard base for certain smoothies and gaspachos. Almond milk is as high in calcium as is regular milk and is rich in vit D necessary to fix the calcium making it ideal substitute for milk. It is a good source of vitamins A and E, both antioxidants. ** see list of vitamins pg...

ALMOND MILK

- 1 cup of almonds soaked for min 3h (or overnight best) in purified or spring water
- 1 tea spoon of extract of vanilla (optional for smoothies only)
- 3 cups of water

Drain almonds and put in a blender with water. Mix for min 3min. Strain in a fine colander or take off the foam from the top with a spoon (the fat from the almonds). Can be kept in the fridge for 2-3 days maximum.

QUICK ALMOND MILK – if you forgot to soak the nuts overnight

- 1 handful of almonds
- 1 cups of boiling water
- Mix in the blender for 3 minutes, take off the foam or sieve through a fine filter

Both receipts work with all the other nuts. If you prefer the sweet taste you can also add ideally stevia ** or 1-2 TS of agave syrup (especially for kids)

APPLE PEACH SMOOTHIE

- 1 Apple
- 1 peach
- 2TS of ground linseeds
- 2/3 – 1 cup of vegetable milk (oat or almond – without sugar)

TROPICAL SPINACH SMOOTHIE

- ½ pound spinach leaves
- ½ avocado
- 1 mango
- ½ to 1 cup of almond milk

PINEAPPLE KALE SMOOTHIE

- ½ cup of pineapple
- 2 kale leaves
- 2 TS of Chia grains
- ½ cup of water

TROPICAL SMOOTHIE

- 1 cup of mango
- ½ cup of pineapple
- 1 ½ cups of coconut water

MY FAVORITE BREAKFAST SMOOTHIE

- 1 big apple
- ½ cup of blueberries
- ground linseeds
- 2/3 cup almond milk

APPLE PEAR SMOOTHIE

- 1 apple
- 1 pear
- ½ cup of blueberries
- 2/3 cup of almond milk

GREEN SMOOTHIE #1

- 1 ½ of almond milk
- ½ coconut water
- 2 kale leaves or ½ bunch of spinach
- ½ avocado
- ½ cup of mango

GREEN SMOOTHIE #2

- 1 cup of almond milk
- 1 bunch parsley, spinach or 3 leaves of kale
- 1 cucumber medium
- 1 green apple
- ½ cup pineapple
- 1 pear

Play to obtain the taste that suits you by adding different fruits or nuts and changing the vegetable milks between oat, almond, other nuts, or coconut. Nuts will give you the proteins and quality fats. You can also try adding an avocado to give the smoothie even more of a creamy taste. You can also find some great receipts on the web.

Try some from Robyn ** or Russels raw chefs from Australia's recipes .

** <http://girlonraw.com/recipes/> or Russel James www.therawchef.com