



Vitamin boost and detox smoothie:

This smoothie is quick and super easy to make. Its packed full of vitamins and provide four of your five a day. Also as it's made with a hand blender there is no waste and hardly any washing up, (unlike most juicing machines create).

Ingredients:

Three large handfuls of Spinach, 1 banana, 1 pear, 400mls of orange juice.

What you will need:

Hand blender, Jug, knife and ingredients.

Your hand blender: these cost from £5-20 and range generally from 3-6 watts. 6 watts makes it quicker to blend but 3 watts blenders work fine too. I got a great 6 watt one from Asda recently for £19 which also came with a jug and it's awesome.

Method:

Wash three large handfuls of spinach in a colander and wash thoroughly and place half the spinach in the blender.

Roughly chop the pear (do not include stalk or core) and peel and chop the banana and add them next. Add the rest of the spinach and then the orange juice.

Blend it all together. It is easiest if you push the blender down into the ingredients first and then use circular movements.

And there you go!

Variations

Instead of orange juice you can use soya or rice milk if you prefer. Also adding ice give a more refreshing effect.

For a more of a 'detox' effect add three to four soaked prunes before blending.

Note: This smoothie does not store well as the banana tends to over ripen. So best to drink within thirty minute of blending.

A quick meal replacement:

This smoothie is a great meal replacement. For optimum nutritional eat a handful of nuts with it too so you have carbohydrates, protein and lots of vitamins all in one.

Note: it is not recommended that you replace more than one regular meal a day with smoothies or juices. A healthy and balanced diet is the only way forward!

I'd love to hear your feedback. Email me at info@sallyparkesyoga.com.

Thanks and Enjoy!

Sally