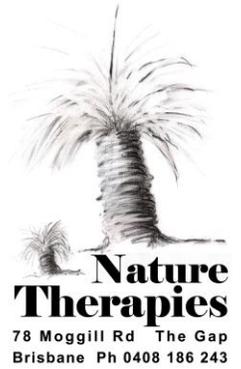




Green Smoothies



Green smoothies provide a highly nutritional answer to a few of the adverse health problems that commonly occur as a result of some modern lifestyles.

- They effectively alkalise an over acid system.
- They contain raw and natural ingredients that are loaded with the digestive enzymes to break them down, making them ideal for compromised or problematic gut absorption.
- They assist in the detoxification, anti-inflammatory and healing processes.
- Are very low glycaemic index and assist insulin resistance.
- Assist fat loss.
- Are an excellent meal substitute.
- And are quick and easy to prepare.

The only catch is their appearance.... (Green!!) Which is wonderful on St Patrick's Day but may take a little visual adjustment, and of course they don't taste like a chocolate milkshake! However if you have an open mind, and are particularly keen on improving your health, then green smoothies are definitely a useful adjunct to a health enthusiasts armoury.

Green smoothies can use a 50/50 water and rice/soy/oat milk base or can be just made on water alone. You will need either a good blender or a stick blender/Bamix and a source of fresh greens (home grown is by far the best)

Most leafy greens can be included and a little broccoli doesn't go astray. The greens that have been successfully used are:

Lettuce, red and green cabbage, parsley, bok choy, pak choy, silver beet, spinach, Ceylon spinach, red orach, mizuna, mibuna, kankong, gailaan and any other Asian green that is not too bitter. There is nothing wrong with the bitter leaves, as they are quite good for the liver and heart, but..... they taste bitter!

Other additions include: **whey protein powder, spirulina, raw organic cacao powder, kelp powder, cinnamon powder, chlorella**, (I have these premixed together in the right ratio, into one container to save time) **raw eggs, coconut oil or cream, bananas, any of the berries, Creative Gourmet smoothie cubes (from Coles), a pinch of Celtic or Himalayan sea salt, soaked Chia seeds, peeled kiwi fruit, vanilla beans or essence etc.** just check to see that they are in your blood type diet beneficial or neutral list.

You can basically mix and match the ingredients to your taste but here is a starting guideline for a very tasty smoothie meal making up about 1 L.

- Two tablespoons of the combined powders. (Whatever you have. Keep mixed up together.)
- One or two eggs. (Optional)
- One or two bananas or other fruit.
- A handful of berries or a few smoothie cubes.
- Rounded teaspoon of Chia.
- Pinch of cinnamon and Celtic or Himalayan rock salt. (Does good things for the flavour!)
- 30mm of vanilla bean sliced and scraped out or 5mL of vanilla essence.
- Two good handfuls or more of roughly chopped greens.
- 450mL of water and rice/soy/oat milk, and 10 -15ml of melted coconut oil/cream.

Blend for around one minute until smooth (and green!) Drink and enjoy enough for this meal, then seal and refrigerate the rest immediately for later consumption. Remember to take the edge off the cold smoothie later by adding some hot water. This aids digestion and stops cold from injuring the stomach Qi.

Enjoy! Terry Hitzke