

**Holistic Medical Centre
92 Owens Rd
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Juice and smoothie recipes

Juices:

Kiwi surprise

Juice:

- 3 carrot
- 1 kiwifruit
- ½ cucumber

Blood detoxifier

Juice:

- 3 carrots
- ½ beetroot
- 2 celery stalks
- ½ cup parsley

Potassium punch

Juice:

- 3 carrots
- 2 stalks celery
- 4-6 leaves of lettuce or winter greens
- 1 handful of spinach or watercress or dandelion leaves
- A few stalks of fresh coriander or parsley

Minty thrill

Juice:

- 5 cups watermelon
- Handful mint

Carrot and lemon

Juice:

- 5 carrot
- 1 lemon

Lemon drink: stimulates digestion so ideal to have 30mins before meals

1 squeezed lemon or lime
1 cup mineral or soda water

Smoothies:

Basic fruit smoothie:

- 200ml organic apple juice
- ½ cup frozen berries – blueberries, raspberries, boysenberries or mixed berries
- ½ banana
- 1 serve Iso whey or Aminoplex (rice powder) (2 scoops)
- Blend all ingredients and serve

Green smoothie:

1 cup kale or spinach chopped
1 banana chopped
1 ripe pear chopped
1 tbsp chia seeds (available from Holistic medical centre)
½ cup organic apple juice
Blend all ingredients and serve

Balance Green Smoothie

1-2 mango
1 cup kale or 1 bunch parsley
1 -2 cups water
Blend all ingredients and serve

Ref: Victoria Boutenko

Rocket Fuel Smoothie

2 cups green or red seedless grapes
3 golden kiwis, peeled
1 ripe orange, peeled, seeds removed
5 leaves red leaf lettuce
2 cups water
Blend all ingredients and serve

Ref: Victoria Boutenko

Kiwi enjoyment

4 ripe kiwi
1 banana
3 stalks celery
1 cup water
Blend all ingredients and serve

Ref: Victoria Boutenko

Green magic

2 cups lettuce, any kind
5 cups water melon
1 banana
1 cup water

Victoria's Favourite

½ bunch spinach
4 apples peeled
½ whole lime with peel
1 banana
2 cups water

Ref: Victoria Boutenko