

# Juliana's 10 Smoothies

That will bring out the animal in you



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# Morning Zinger Smoothie

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Smoothies can be a divine mix of playful colours to make them as appealing to the eye as they are healthy for our body.

Fresh cherries are considered a “super food” because they are full of antioxidants help reduce the chances of heart disease or cancer. And last but not least, they are among the few fruits that contains melatonin. Oranges are a great source of vitamin C and antioxidants.

## Ingredients

### Bottom layer

- ½ cup soy or coconut yogurt
- ½ banana
- ½ cup fresh orange juice

### Top layer

- ½ cup soy or coconut yogurt
- ½ banana
- ½ cup almond milk
- 1 cup fresh cherries

## Method

Separately blend each layer until smooth. Half fill each glass with the orange bottom layer and then the top cherry layer. Garnish with a cherry and/or a slice of orange.

# Mango, Kale Super Smoothie

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Who does not like mango? With a variety of shapes, flavours and textures to found around the world, this exotic fruit has become a universal favourite.

But kale, why? That sounds boring. Well, maybe if you ate it alone, but when blended into this smoothie the mango takes command of the flavour but you still get the powerful nutritional benefits of the kale. Kale is rich in fiber, low in calories, high in potassium and iron, loaded with antioxidants, as well as vitamin A and vitamin C and has more calcium by weight than cow's milk.

## Ingredients

- ½ cup coconut milk
- ¼ tsp. vanilla extract
- 2 Tbsp. fresh coconut meat
- 1 cup chopped kale
- 10 peppermint or mint leaves
- 1 cup frozen mango
- 2 Tbsp. almond flour
- Water or non-dairy milk as needed

## Method

Blend until creamy and enjoy without fear!



# Macadamia Ice Cream Smoothie

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I know what you're thinking...what is this amazing smoothie? This perfect combination of ice cream and a smoothie! Delicious, divine, healthy and charming.

Macadamia nuts are rich in potassium, phosphorus and magnesium, and a high energy source, in addition to loaded with antioxidants. This is a great smoothie to start your day.

## Ingredients

- 5 Frozen Bananas
- 3 tablespoons peanut butter
- 1 cup macadamias (soaked overnight)
- ½ cup almond milk
- ¼ cup of pure water

## Method

Blend until smooth. Place in a glass and if desired you can also garnish with cacao nibs as chocolate chips and one mint leaf.

# Caramel Apple Smoothie

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Who does not remember those moments in youth enjoying a caramel apple!

Ignoring large amounts of unhealthy sugar, I have an improvement on the traditional recipe, so you can be sure it is healthy for your children, delicious and even yummy for adults.

Pink lady apples are highly digestible, tasty and refreshing...and adding caramel sauce is like a dream.

## Ingredients

### Smoothie

- ½ cup apple juice
- 1 frozen banana
- 4 ice cubes

### Caramelized Apple Sauce

- 1 Pink Lady apple, peeled, cored and sliced into half circles
- ½ cup organic sugar
- 2 Tbsp. water

## Method

Blend apple juice, banana and ice cubes until smooth. Pour smoothie into glasses.

In a pan, cook sugar and water on a low flame until the sugar caramelizes.

Dip the apple slices into this caramel sauce and garnish the smoothie.

# Berry Powerful Smoothie

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I love smoothies! You can make them look and taste like melted ice cream, with heavenly flavours. But when made the right way, they are also nutritious and energising.

Let's start with this berry powerful smoothie, which has a mix of red and green fruits so it is also visually stimulating.

Banana is one of the most important base ingredients of a good smoothie, to this we add sweet berries to make our smoothie high in antioxidants, anti-inflammatory, low in calories, and so perfect to start the day. This dramatic smoothie comes in two parts.

## Ingredients

- Part 1 (red base)
- ¼ fresh beet, grated
- ½ cup strawberries
- ½ cup blackberries
- ½ cup coconut milk
- 1 fresh dates

More non-dairy milk or water as needed

## Part 2 (green top)

- 1 cup fresh coconut water
- 2 kiwi fruits
- 1 cup chopped spinach
- ¼ cup almond milk
- 1 banana
- 1 fresh dates
- More non-dairy milk or water as needed

## Method

Mix Part 1 adding the necessary water or non-dairy milk as needed to make a creamy consistency. Pour in glasses until half full.

Then do the same with the Part 2, then pour this mixture into the same glasses until they are filled to the top. The result should be a red base and a green top.

Garnish with kiwi slices, or strawberries and blackberries.

The Following smoothies were offered by my husband, Paul the food yogi. They are from his book *FOOD YOGA – Nourishing Body, Mind & Soul*.

#### **ARVO D'LITE**

- 1 cup of pineapple
- 1 cup of melon
- 6 mint leaves
- 1 apple
- 1 pear

#### **ROOMBA**

- 2 cups mixed berries
- 1 cup of pineapple
- 1–2 tsp. apple cider vinegar (optional)
- ½ cup aloe vera juice
- 1 tsp. vitamin C powder
- 1 tsp. maple syrup
- 1 cup crushed ice

#### **HOLIDAY KISS**

- 1 mango
- 1 cup of strawberries
- 1 peach
- 1–2 tsp. apple cider vinegar (optional)
- 1 tsp. vitamin C powder
- 1 pinch cayenne
- 1 cup crushed ice

#### **LIGHT ENERGY**

- 1 banana
- 1 cup of strawberries
- 1–2 tsp. apple cider vinegar
- 1 heaped Tbsp. pea protein
- 1 cup crushed ice

#### **POWER PINA COLADA**

- 1 banana
- 2 cups of pineapple (cubed)
- 4 strawberries
- 1–2 tsp. apple cider vinegar (optional)
- 1 cup of coconut milk