

Smoothies, Snacks & Beetroot Soup

Super Berry Smoothie

Ingredients:

- 125g strawberries
- 125g raspberries
- 125g blueberries
- 50g brazil nuts
- 400ml coconut milk
- 3 dried prunes
- 1 tbsp flax seeds
- ¼ tsp cinnamon

Method:

1. Add all ingredients to a food processor and blend until smooth.
Drink immediately.

Note:

You don't have to use fresh fruit – frozen is fine

Green Morning Energiser Smoothie

Ingredients:

- 1 large handful of kale
- 1 large handful of spinach
- 1 celery stalk
- 1 handful frozen berries
- 1 tbs fresh lemon juice
- 1 tbs flax seeds
- 1 cup of water or unsweetened almond milk

Method:

1. Add all ingredients to a food processor and blend until smooth.
Drink immediately.

Snack ideas

- Handful of nuts
- Handful of berries
- Veggie sticks and hummus
- Piece of fruit
- Handful of granola
- Handful of olives
- 1 – 2 tsp nut butter
- Hard boiled egg
- Half an avocado

Homemade beetroot soup:

Ingredients:

1 onion, chopped

2 cloves garlic, crushed and chopped

1 stick of celery, chopped

1 carrot, grated

150g of fresh beetroot, peeled and chopped

1 veg stock cube in approx. 3 pints of water

Method:

1. Gently fry the onion, celery and garlic until soft
2. Add carrot and beetroot and cover with veg stock
3. Add salt, pepper and chilli to taste
4. Simmer for 15 mins and blitz to desired consistency
5. Serve with a cheeky dollop of sour cream