

## **Juicing Recipe = Berry 'n' Apple**

### **Ingredients:**

350g strawberries  
100g blackberries  
2 apples

### **Method:**

Remove stalks from strawberries. Cut apple into quarters and remove pips, but leave skin on for extra fibre content. Cut into slices. Place all three fruits into juicer and serve immediately. This juice is good for general health and cleansing as the fruits in this juice have good levels of vitamin C, E and antioxidants to maintain healthy cells.

## **Juicing Recipe = Citrus Mix- serves 4**

### **Ingredients:**

2 grapefruits  
2 oranges  
2 lemons

### **Method:**

Remove the outer skin from all three fruits and cut into pieces. Place in juicer and juice until mixture is smooth. Serve in tall glasses immediately. This juice is good for warding off colds and infection with a vitamin C content and also excellent for cleansing the digestive system free of harmful toxins.

## **Smoothie Recipe = Banana & Strawberry Smoothie - serve 2**

### **Ingredients:**

2 bananas, chopped  
50g frozen mixed berries  
2 Kiwi Fruits, chopped  
little water to thin

### **Method:**

Place all ingredients into the blender, mix for approximately 30 seconds.

## **Smoothie Recipe = Berry Smoothie - Serve 2**

### **Ingredients:**

2 cup of frozen strawberries  
2 banana  
Strawberry flavouring

### **Method:**

Put strawberries, banana and ice into the blender. Blend for approx 30 seconds. Then add a dash of strawberry flavouring and blend until smooth.

## **Smoothie Recipe = Tango Mango Smoothie**

### **Ingredients:**

1 large mango, diced and chilled  
5 slices canned pineapples, chilled  
1 banana, peeled and cut into chunks  
1 cup of pineapple juice

### **Method:**

**Place** banana chunks into blender with juice and blend

**Add** ice cubes, mangoes and pineapple and blend again until ice becomes slushy

**Serve** immediately

**Good for** – Mango is a good source of betacarotene, which the body can convert into Vitamin A – essential for healthy teeth, gums, bones, hair and eyes. This juice will also aid digestion, thanks to the enzyme, bromelain, found in pineapple.

## **Smoothie Recipe = Kiwi Lime Smoothie- serves 2**

### **Ingredients:**

2 Kiwi Fruit  
1 Banana  
1 tsp lime juice  
½ tsp grated lime juice

2 ice cubes

1 cup skim milk

¼ cup part skim milk ricotta cheese

**How to make it**

Peel kiwifruits and banana; cut into large chunks and place them, the lime juice & zest and ice cubes in blender and process until smooth, add milk and ricotta then blend for another 5-10 seconds, scraping down sides of container with rubber spatula; pour smoothie into 2 tall glasses and serve. Serves 2.