



JUICY JULY CHALLENGE

Enjoy the Sunshine Week Five - Smoothie Recipes

Brought to you by:

Maison de Lunel

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Enjoy the Sunshine
Week Five - Smoothie Recipes

Day 29 - Time Oat

Day 30 - Peaches & Cream

Day 31 - Coco Loco





Time Oat!

250ml Almond Milk, unsweetened

1 Spinach - large handful

1 Blackberries - one cup

1 Strawberries - one cup

2cm Ginger Root - scraped

1 Oats, rolled - generous handful

1 tsp Honey (optional)

Okay, so it's not strictly a mocktail, but I just really wanted to include this recipe in the Juicy July Challenge!

Because its just good!

Meal Replacement:

It's the obvious choice for breakfast,
but it's just lovely anytime

Time Oat!

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

Pour over ice for a cooler smoothie

Facts:

Oats are among the healthiest grains on earth!. They're a gluten-free whole grain and a great source of important vitamins, minerals, fibre and antioxidants. Oats are good source of carbohydrate and high in the powerful soluble fiber beta-glucan, which has numerous benefits: reduces cholesterol and blood sugar levels, promotes healthy gut bacteria and since they contain more soluble fibre than any other grain, which means they are digested more slowly, you have an extended sensation of fullness. As well as helping to prevent big spikes in blood sugar levels the beta glucan has beneficial effects for diabetes and useful amounts of magnesium in the grain also help regulate insulin secretion. Whole oats are high in antioxidants and beneficial plant compounds called polyphenols. Most notable is a unique group of antioxidants called avenanthramides, which are almost solely found in oats - they help prevent free radical damage and may help lower blood pressure levels by increasing the production of nitric oxide. Oats also contain the alkaloid gramine, a natural sedative which can treat depression, anxiety and insomnia without side effects. Because they are so easy to digest they're also great for easing an upset stomach.



Peaches & Cream

250ml Coconut Milk (unsweetened)

2 Peaches - stoned

1 Banana

1 tsp Flax Seeds (optional)

The name just sums this smoothie up perfectly!

This delicious mocktail is deliciously creamy

It's summer and it's to be celebrated!

Adding some seeds will give you a more nutty

flavour and textured smoothie!

Meal Replacement:

This smoothie makes an excellent
healthy party dessert!

Peaches & Cream

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

Pour over ice for a super cool smoothie

Facts:

Coconut milk is a tasty alternative to cow's milk and it provides a number of health benefits. It comes from the white flesh of mature brown coconuts - it has a thick consistency and rich, creamy texture. Coconut milk should not be confused with coconut water, which is found naturally in immature green coconuts. Unlike coconut water, the milk does not occur naturally. Instead, solid coconut flesh is mixed with water to make coconut milk, which is about 50% water. By contrast, coconut water is about 94% water. It contains much less fat and far fewer nutrients than coconut milk. About 93% of coconut milk calories come from fat, including saturated fats known as medium-chain triglycerides. There's evidence that the MCT fats in coconut milk may benefit weight loss, body composition and metabolism. MCTs can help with weight management by reducing appetite and increasing the activity of fat burning cells. Lauric acid makes up about 50% of coconut oil and this helps the body combat a wide spectrum of bacteria and viruses that cause colds, flu and ulcers. Coconut oil also contain medium-chain fatty acids: capric acid and caprylic acid, which is found to be a potent anti-fungal.



Coco Loco

250ml Almond Milk

1 Banana

1/2 Avocado

1 tbsp Cacao Powder

1/2 tsp Cinnamon, ground

1/2 tsp Vanilla Extract

1 tbsp Hemp Powder

This is a mighty smoothie that will win the hearts of everyone - deliciously creamy. and who doesn't love chocolate?

Meal Replacement:

This really does makes a perfect lunch
.or evening meal replacement.

Coco Loco

What to do:

Add ingredients in the order listed and blend

Blend for about 20 seconds / until smooth

Tips:

You might want to sift a little cocoa on the top - cappuccino style

Pour over ice for a lovely cool smoothie.

Facts:

Scientific research into chocolate is turning up some intriguing possibilities about its healthful nutrients, including improved immunity, greater longevity and quicker recovery from intense exercise. Dark chocolate, without unhealthy additives and sugar, has been shown to lower the risk of cancer and stroke, and lowers blood pressure as effectively as antioxidant rich fruit and vegetables! Moderate consumption protects the heart by thinning the blood in much the same way as low dose aspirin, while its beneficial flavanols protect artery walls and lower blood pressure and cholesterol. Weight for weight it has the same amount of antioxidants as red wine. These support overall immunity by boosting the response of antibodies and T-cells (a type of blood cells that helps kick start the immune response), and strengthening the intestinal lining against invading microorganisms. One of the stimulants in cocoa, theobromine, has been shown to be more effective than codeine (traditional cough suppressant) for soothing a sore throat... Eating a small quantity of quality chocolate will be more satisfying than a highly processed bar - definitely avoid chocolate with hydrogenated oils.