



JUICY JULY CHALLENGE

V 4 Vitality Week Four - Smoothie Recipes

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JUICY JULY CHALLENGE

V 4 Vitality

Week Four - Smoothie Recipes

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Make sure you're drinking plenty of water this week to support your digestive system



The Italian Job

100ml Fresh Water

4 Tomatoes

1 Basil - handful of leaves

1/2 Cucumber - small - peeled

1/2 Red or Orange Pepper - de-seeded

2 Celery stalk

1 Lemon

1 Garlic Clove (optional)

Vibrant colours, strong flavours and bursting with energy its quintessentially Italian!

Meal Replacement:

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

The Italian Job

What to do:

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

Tips:

You may wish to add a little cold water if its a little too thick
for your taste - the garlic is an optional kick!
Pour over ice for a lovely cool smoothie.

Facts:

Turns out the humble tomato is full of surprising perks for your skin, your gut and more... tomatoes are the major dietary source of the antioxidant lycopene, - a superstar of medical food substances and the source of their vibrant red colour. Lycopene has been found to lower cholesterol, protect eyes and skin and boost immunity. Tomatoes are also abundant in potassium, which reduces water retention. They're also a good source of glutathione which helps the body to remove fat-soluble toxins. The large amounts of vitamin C, vitamin E and beta-carotene all support heart health, however it's the lycopene which is most important as it helps strengthen the walls of blood vessels and remove cholesterol from the blood.



Super Green Smoothie

250ml Almond Milk

1/3 Pineapple

1/2 Avocado

1 Kale / Spinach - 1 large handful

6 Dates

1 tbsp Seeds

*The name just sums this one up perfectly!
It's green, packed with nourishing ingredients
and it's deliciously creamy and smooth!*

Meal Replacement:

This smoothie will set you up for a
great start to the day!



Super Green Smoothie

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:

The date palm, one of the oldest trees cultivated by man has its origins in the desert around the Persian Gulf. Immunity boosting dates are high in potassium, supply slow release sugars and provides a range of other essential nutrients. They're a good source of fibre, protein and minerals including magnesium, manganese, selenium and zinc, and trace elements such as boron and zinc. A great source of soluble and insoluble fibre, aiding digestion and a healthy gut. They also contain tannins which have an astringent quality that's useful for treating stomach upsets and intestinal troubles. Although high in sugar, dates defy the dogma that all sugar is bad. They benefit blood sugar control as their sugar is released slowly. Their soluble fibre content also aids blood glucose regulation. A very good source of potassium which helps maintain proper muscle contractions including those of the heart. Potassium also promotes a healthy nervous system and efficient metabolism by the body. The drying process of dates concentrates all the nutrients so just a few dates will supply a good amount of nutrients and fibres.



Mermaid's Paradise

250ml Coconut Water

1 Banana

1 Mango

1/3 Pineapple

2 tbsp Cashew nuts

1 Turmeric root - lightly scraped

1 Ginger root

These ingredients just conjur up thoughts of a magical, tropical beach... and beautiful mermaids!!

Meal Replacement:

A perfect escape anytime of the day



Mermaid's Paradise

What to do:

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

Tips:

You can add more ginger if you like a little more spice
Pour over ice for a cooler smoothie

Facts:

Nuts & seeds are considered antioxidant powerhouses and cashews are no exception. Like most nuts, cashews may also help improve your overall health: they've been linked to weight loss, improved blood sugar control and a healthier heart. They're low in sugar, a source of fibre, and contain almost the same amount of protein as an equivalent quantity of cooked meat! Cashew nuts are a good source of monounsaturated oleic acid and omega-3 alpha linoleic acid (ALA), which are both healthy fats that help protect against heart disease and cancer. They also contain calcium, magnesium, iron, zinc, and folate making them an excellent source of minerals that contribute to bone health. These nutrients help with the formation of collagen which is essential for supporting healthy skin and body tissues. Cashews also contain a significant amount of copper, a mineral essential for energy production, healthy brain development and a strong immune system.



Berry Basil Bliss

250ml Almond Milk

1 Berries - large cup fresh or frozen

1 Spinach - large handful

1/2 Avocado

8-10 Almonds

1 Basil Leaves - handful

*There is nothing quite so vitality boosting as berries...
and aromatic basil adds a special twist & nutrient boost!*

Meal Replacement:

This is perfect breakfast replacement
or maybe even lunch



Berry Basil Bliss

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 juice.

Facts:

Basil is a member of the mint family and there are many different varieties: sweet, cinnamon, Thai and Greek to name a few. Eaten regularly, basil like all herbs can work synergistically with other foods to boost your health in many ways, including enhanced digestive health and detoxification. Basil is not only a popular folk remedy for ailments like nausea and bug bites, but also widely utilized in traditional Chinese medicine, Ayurvedic medicine and other holistic medicine systems. Basil fortifies the digestive and nervous systems and can be a good remedy for headaches and insomnia. Eugenol, a constituent of the oil in the basil leaf has an anti-inflammatory effect on joints and the digestive tracts; it's also a mild diuretic and it contains a range of antioxidants which can help protect the body against free radical damage.



Pear Lemonade

2 Pears

1 Grapefruit - peeled

1 Orange - peeled

1 Lemon - peeled

1 Spinach - large handful

2cm Ginger Root - scraped

Full of zesty antioxidants and with all the added benefits of pear - brightly colored citrus fruits bring a burst of sunshine

Meal Replacement:

A perfect energising smoothie for breakfast.



Pear Lemonade

What to do:

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

Tips:

Leave as much of the pith as possible on the citrus fruit
You can leave the peel on the lemon if you like a zestier taste

Facts:

Citrus fruits are an excellent source of vitamin C, which strengthens the immune system and helps to keep your skin smooth and elastic. Citrus fruits also have good amounts of other vitamins and minerals, including B vitamins, potassium, phosphorous, magnesium and copper. Additionally, they are rich in plant compounds that have various health benefits, including anti-inflammatory and antioxidant effects. These compounds include over 60 varieties of flavonoids, carotenoids and essential oils and they are responsible for many of citrus fruit's health benefits. The high fibre content in citrus fruit helps to improve digestive health and aids weight loss. Oranges are particularly high in soluble fibre, which helps lower cholesterol levels.

Citrus fruits can raise the levels of citrate in your urine, lowering the risk of kidney stones; furthermore, they have been widely studied for their protective effects on a variety of cancer types. A

Japanese study found that people who ate higher amounts of citrus fruits had lower rates of heart disease and stroke.



Surfer's Dream

250ml Coconut Water

1/3 Pineapple

1 Watermelon - large slice

1 Spinach - large handful

1 Blueberries (or mixed berries) - fresh or frozen

1 Apple - cored

Relax, Smile & Enjoy!

*Everything about this smoothie just shouts out
a chilled-out day at the beach!*

Meal Replacement:

A truly delicious cooling smoothie - simply perfect
for anytime - especially good after a
work out!



Surfer's Dream

What to do:

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

Tips:

You can add as many blueberries as you like!
Pour over ice for a cooler smoothie

Facts:

Blueberries have long been valued for their nutritional and medicinal properties - in fact, studies show that blueberries have some of the highest levels of active antioxidants per serving of any food. They contain antibacterial compounds that fight off stomach bugs and antioxidants to prevent eye damage and improve both eye-sight and memory. A rich source of concentrated proanthocyanidin compounds which can slow the growth and spread of various cancers - they are well known for promoting prostate health. Blueberries may have a positive effect on the nervous system and studies show increased levels of dopamine - a vital neurotransmitter - thus improving memory. They may also alleviate cognitive decline. Anthocyanins can help improve eye health by protecting against retinal degeneration and they may also help prevent the eye condition glaucoma due to their collagen-enhancing properties.



Cherry Super-Charge

250ml Coconut Water

1 Cherries - cup of fresh or frozen

1 Cranberries - cup of frozen

1 Beetroot - well washed

1 Apple - red

1 Banana

1 Spinach leaves - 1 large handful

*Super colourful and super charged with antioxidants
and slow releasing energy - you'll be glowing!*

Meal Replacement:

Get your day off to a good
start with this one!



Cherry Super Charger

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:

Bananas are among the world's most popular fruits - they're extremely healthy, delicious and perfect in a smoothie. They contain several essential nutrients and provide benefits for digestion, heart health and weight loss. Rich in potassium which is essential for maintaining blood pressure at healthy levels, they are also natural antacids which makes them soothing and healing choice for upset stomachs and ulcers. A medium-sized banana has about 3 grams of fibre and they contain two main types of fibre. Pectin which decreases as the banana ripens, gives the flesh its spongy structural form - whilst unripe bananas contain resistant starch, which acts like soluble fibre and escapes digestion. Both pectin and resistant starch may moderate blood sugar levels after meals and reduce appetite by slowing the emptying of your stomach Bananas also contains prebiotic compounds that feed good bacteria in the gut. A healthy gut increases the body's ability to absorb key nutrients such a calcium crucial for bone health. Eat bananas ripe to get the most antioxidants.