



# JUICY JULY CHALLENGE

## Time to Heal Week Three - Smoothie Recipes

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# JUICY JULY CHALLENGE

## Time to Heal

### Week Three - Smoothie Recipes

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

# Spiced Hot Apple

*1 Serving*

2-3 Apples - remove cores

3 cm Ginger Root - scrape peel

Orange Peel - grated

Cinnamon - ground

Nutmeg - ground (optional)

Optional  
Extra

*A mug of pure healing comfort -  
taken warm or at room temperature this is extremely  
soothing and relaxing for your liver.*

*Highly recommended at least 2 or 3 times  
during this week of healing... and beyond*

## **Meal Replacement:**

Wonderful in the evening or as  
as warm beverage mid-morning  
or mid-afternoon



## Spiced Hot Apple

### What to do:

Blend the chopped apples and ginger until a smooth, soft pulp -  
add the cinnamon, nutmeg and orange peel

If you are serving the juice cold, let it infuse for 10-15 minutes  
- strain through a fine mesh sieve and serve.

If you are serving the juice hot, place the juice in a small  
saucepan and heat until simmering.

Turn off the heat and infuse for 5-10 minutes  
Strain through a fine mesh sieve and serve.

If you prefer smoothie consistency no need to strain the apples

### Tips:

Juice the apples (if you have a juicer)  
if will save you have to strain the apples

# G-Force

Daily  
Shot

1/2-1 Apple - remove core  
1/2-1 Lemon - peeled,  
3cm Ginger Root  
1 Turmeric Root

*Optional Extra - but it is highly recommended!*  
*This super-powerful little shot is a brilliant way to start to your day! The concentrated benefits within this golden ray of sunshine are a super boost for your mind, body and soul... and the colours and aromas that literally fill your kitchen when you make it will set you up for the day.*  
*There really is no better way to awaken your taste buds and get you digestive tract ready for the day!*

## Meal Replacement:

Aim to have one of these every morning before anything else!



## G-Force

### What to do:

Put all of the ingredients into the blender & blend until smooth  
If it's too pulpy - strain through a fine mesh &  
serve in a shot glass

### Tips:

If you have a juicer - use the juicer for this one -  
no need to core the apples or peel the lemon  
This is a great juice to make in one go for the week - and  
store in the fridge - so that its easy to grab each morning

### Facts:

Ginger and tumeric are incredible gifts from mother nature.

Ginger - active constiuent: gingerol is actibacterial, antiviral, antifungal,  
antiseptic and a fantastic antihistamine.

Tumeric - active comstituent: curcumin is a powerful antioxidant  
and anti-inflammatory helps to fight free radical  
damage zesty lemon full of Vitamin C and  
antibacterial properties.



# Watermelon Wonder

250ml Coconut Water

1 Watermelon - large slice

1 Peach / Nectarine - remove the stone

1 Spinach - large handful

2cm Ginger Root - scraped

1/2 Lemon - juice

1/2 Avocado

1 Cayenne pepper - pinch (optional)

*Wonderful watermelon...this a truly delicious smoothie with an abundance of healing benefits!*

## Meal Replacement:

This super hydrating watermelon smoothie is a great start to the day x

## Watermelon Wonder

### What to do:

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

### Tips:

Scoop the melon flesh as close as possible to the skin to  
optimise the nutrient content

### Facts:

As far as fruits go, watermelon is one of the lowest in calories. As the name suggests has a high water content (92%) which makes it super hydrating and helps you feel full and it's very low in calories. Their water content is highly mineralised and it has an alkalising and diuretic effect. Watermelon is high in carotenoids, including beta-carotene and lycopene; plus, it has citrulline, an important amino acid in both the rind and flesh. Citrulline can stimulate the production of nitric oxide, which relaxes and expands the blood vessels - lowering blood pressure and enhancing blood flow. The citrulline in watermelon plays a role in the production of the amino acid arginine which boosts immune function and speeds wound healing... and it's gentle on your tummy, it's easy to digest and provides a very useful carbohydrate for energy.



# Walnut Whip

1 Green Teabag

6-8 Walnuts

1/3 Pineapple

1/2 Avocado

2cm Ginger Root - scraped

1/2 tsp Turmeric

1 Spinach - large handful

*Healing and calming goodness just flows from  
tasty, rich smoothie - guaranteed feel good vibes!*

## Meal Replacement:

Personally I like this in the evening...  
but it's a nutritious booster for anytime really



## Walnut Whip

### What to do:

Brew the Green Teabag and allow to cool  
Add ingredients in the order listed and blend  
Blend for about 20 seconds / /until smooth

### Tips:

Pour over ice for a cooler smoothie.

### Facts:

Walnuts originated in the Mediterranean region and Central Asia and have been part of the human diet for thousands of years. Rich in omega-3 fats and contain higher amounts of antioxidants than most other foods. Walnuts are also richer than most other nuts in polyunsaturated fats - the most abundant one is an omega-6 fatty acid called linoleic acid. They also contain a relatively high percentage of the healthy omega-3 fat alpha-linolenic acid (ALA). In fact, walnuts are the only nuts that contain significant amounts of ALA - considered especially beneficial for heart health. It also helps reduce inflammation and improve the composition of blood fats. In addition, walnuts contain serotonin, a brain chemical that can help lift depression.



# Takes 2 to Mango

250ml Coconut Water

1 Lemon - juice

1 Mango - or large cup of frozen mango

1 Celery stick

1/2 Cucumber - peeled

2cm Ginger root - scraped

1 Spinach - large handful

*Mangoes are just so good for boosting the immune system and aiding digestion - and they taste amazing in a smoothie!*

**Meal Replacement:**

Find your partner and feel free to mango-tango anytime of the day!

## Takes 2 to Mango

### 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:

In some parts of the world, mango is called the “king of fruits.” Throughout Asia, the mango has both spiritual and medicinal significance and it's the national fruit of India, Pakistan and the Philippines. Mangoes are high in antioxidants beta-carotene and vitamin C and are great for boosting your immune system, protecting eyesight and aids digestion. They also neutralise free radical damage in the body. Mangoes contain enzymes that aid the breakdown and digestion of protein, and also fibre which keeps the digestive tract working efficiently. Mango is packed with polyphenols – plant compounds that function as antioxidants. It has over a dozen different types, including mangiferin, catechins, anthocyanins, quercetin, kaempferol, rhamnetin, and benzoic acid. Amongst the polyphenols, mangiferin has gained the most interest and is sometimes called a “super antioxidant” since it's especially powerful.



# Calming Chamomile

1 Chamomile Teabag

1 Beetroot Small

1/3 Pineapple - large slice

1 Lemon - peeled

2cm Ginger root - scraped

*There is nothing quite so calming as chamomile overflowing with healing goodness - beautiful combination of earthy beetroot, refreshing pineapple and soothing chamomile*

## Meal Replacement:

Renowned for its calming properties, this is an obvious relaxing evening smoothie.. but it also makes a wonderfully soothing start to your morning



## Calming Chamomile

### What to do:

Brew the Chamomile Teabag and allow to cool  
Add ingredients in the order listed and blend  
Blend for about 20 seconds / until smooth

### Tips:

Pour over ice for a cooler juice.

### Facts:

Chamomile is a herb that comes from the daisy-like flowers of the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions. Chamomile is a classic remedy for anxiety and sleep disturbances - both of which can be highly detrimental to our health and overall wellbeing. It contains apigenin, an antioxidant that binds to certain receptors in the brain that may promote sleepiness and reduce insomnia. It soothes gastrointestinal cramps and also inflammation in the mucous membranes and the skin. Its antibacterial action helps fight infection, while sedating qualities benefit the immune system by helping lower levels of immune compromising stress hormones. Its anti-inflammatory properties may prevent damage to the cells of your pancreas, which occurs when your blood sugar levels are chronically elevated.



# Strawberry Sundae

250ml Almond Milk

10 Strawberries - large cup

1 Orange - small

1 Beetroot - small

1 Spinach - large handful

1 Banana - small

8-10 Cashews - small handful

2cm Ginger root - scraped

1/2 tsp Turmeric

*Feel the love in this super healing smoothie -  
bursting with strawberry goodness*

**Meal Replacement:**

This makes a perfect lunch  
replacement.



## Strawberry Sundae

### What to do:

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

### Tips:

Pour over ice for a lovely cool smoothie.

### Facts:

Strawberries are potent little packages that protect your heart, increase HDL (good) cholesterol, lower your blood pressure and guard against cancer. They're a high antioxidant food: a rich source of vitamin C, they contain manganese, folate (vitamin B9), and potassium and the beneficial flavonoids quercetin and kaempferol. Plus, they have healthy-heart properties, benefit the digestive system and are the only fruit to have seeds - making them a source of small amounts of omega-3 fatty acids on their exterior.

A tea made from strawberry leaves is a traditional remedy to soothe acid indigestion and the fibre in the fruit can aid a sluggish bowel.



# Apricot Amour

- 1 Chamomile Teabag
- 2 Apricots - stone removed
- 1 Spinach - large handful
- 1 Melon - large slice
- 1/2 Lemon - peeled
- 1/2 Cucumber - peeled
- 1 tbsp Seeds

*Super healing glass of smoothie sunshine,  
overflowing with colourful healing goodness!*

## **Meal Replacement:**

A perfect healing smoothie for  
breakfast or lunch

# Apricot Amour

## What to do:

Brew the Chamomile Teabag and allow to cool

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 heat

Pour over ice for a cooler smoothie

## Facts:

Apricots are renowned for their digestion supporting properties - low in calories yet high in many key vitamin and fibre - particularly soluble fibre, which is important for maintaining healthy blood sugar and cholesterol levels. They can be eaten fresh or dried and they're high in a group of polyphenol anti-oxidants called flavonoids, which have been shown to protect against illnesses, including diabetes and heart disease. The main flavonoids in apricots are chlorogenic acids, catechins, and quercetin and they work to neutralize free radicals - harmful compounds that damage your cells and cause oxidative stress (Oxidative stress is linked to obesity and many chronic diseases).

The apricot kernals can also be used - the seed inside the stone is edible - as well as it's anti-cancer properties it helps remove toxins and strengthens the body's defences against diseases.



# Cherry-Aid

250ml Almond Milk

1 Frozen Cherries (or any berries) - large cup

1/3 Pineapple

1 Banana - small

6-8 Almonds - small handful

2cm Ginger root - scraped

1 Spinach - large handful

*Beloved cherries are the epitome of warm summer months and this super smoothie is packed with healing nourishment*

## Meal Replacement:

A truly delicious summer smoothie - simply perfect for anytime



## Cherry-Aid

### 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:

The high concentration of plant compounds in cherries may be responsible for this delicious fruit's many health benefits. Though the amount and type can vary depending on the variety, all cherries are packed with antioxidants and anti-inflammatory compounds. This high antioxidant content may help combat oxidative stress, a condition that is linked to multiple chronic diseases and premature aging. Cherries are especially high in polyphenols, a large group of plant chemicals that help fight cellular damage, reduce inflammation, and promote overall health. Tart cherry juice and concentrate have been found to accelerate muscle recovery, decrease exercise-induced muscle pain, and prevent strength loss in elite athletes, such as cyclists and marathon runners. Cherries are also a great source of fibre, which helps keep your digestive system healthy by fuelling beneficial gut bacteria and promoting bowel regularity.