



JUICY JULY CHALLENGE

Cleanliness is Next to Godliness Week Two - Smoothie Recipes

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Maison de Lunel

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Cleanliness is Next to Godliness

Week Two - Smoothie Recipes

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Make sure you're drinking plenty of water this week to support your cleansing.



Green Tea-Rex

1 Green Teabag - brewed
1 Watercress - large handful
15 Green Grapes
1 Spinach / Kale
1/2 Pineapple - Small
1/2 Avocado
1/2 Lemon juice
2cm Ginger

This is a wonderful detoxing smoothie to start off a week of cleansing!

Meal Replacement:

This smoothie is a great start to the day and for those of you who normally start your day with a cuppa... I've included that too xx



Green Tea-Rex

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:

Put the cooled tea into the jug first - I find it's better to have your liquids at the bottom as opposed to sitting on top.

Facts:

Green tea has been used in traditional Indian & Chinese medicine and hailed for its health benefits for centuries. It's made from unoxidized leaves and is one of the less processed types of tea - it therefore contains the most antioxidants and beneficial polyphenols.

It's rich in catechin content - antioxidants that fight and may even prevent cell damage, and it's been shown to improve blood flow and lower cholesterol.



Marvelous Mint

- 1 Mint Teabag
- 1 Spinach / Kale - large handful
- 1/3 Cucumber - semi-peeled
- 1/4 Fennel
- 1 Apple
- 1 Mint - large handful
- 1/2 Lime - Juice
- 1/2 Avocado

The wonderful benefits of adding herbs to your smoothie cannot be overstated... and mint is no exception! It's adaptogenic properties mean it can help balance the body in whatever way is needed!

Meal Replacement:

This smoothie is a super cleansing start to the day



Marvelous Mint

What to do:

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

Tips:

Peel the cucumber for a smoother blend
Pour over ice for a cooler smoothie

Facts:

Mint can work wonders for almost all your digestive woes. Menthol, the active oil in mint, has antiseptic and antibacterial properties that help relieve indigestion and soothe an upset tummy. Indigestion may occur when food sits in the stomach for too long before passing into the rest of the digestive tract. Mint stimulates digestive enzymes, which help facilitate better absorption of nutrients from food. So guess what... when the body is able to assimilate and absorb nutrients properly, there is better metabolism... and a faster metabolism aids weight loss!



Elvis Parsley

- 250ml Coconut Water
- 1 Parsley - large handful
- 1 Spinach / Kale - large handful
- 1 Lemon - remove peel
- 1 Lime - remove peel
- 1/2 Avocado
- 1/3 Cucumber - semi-peeled
- 2cm Ginger - scraped / scrubbed

*The legendary diuretic powers of parsley could be likened the legendary, voice of Elvis... afterall he did sing
A Little Bit of Green!*

Meal Replacement:
Definitely a refreshing green start
to your day!



Elvis Parsley

What to do:

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

Tips:

You can leave the skin on the cucumber if you prefer a little extra texture... and more nutrients in the skin
Pour over ice for a cooler juice.

Facts:

Parsley has been shown to have anti-inflammatory properties due to its antioxidants, including flavonoids, carotenoids and vitamin C. It has numerous other benefits and is well recognised as a digestive aid. It's high in nitrates that help dilate blood vessels, which improves blood flow and lowers high blood pressure. The anti-inflammatory properties of parsley, along with its ability to regulate urinary pH and reduce blood pressure, helps to keep your kidneys healthy. Apigenin, an antioxidant in parsley, can regulate your immune function by reducing inflammation & preventing cellular damage.



Red Hot Chilli Peppers

- 250ml Coconut Water
- 1/2 Lemon - juice
- 1 Cranberries ((or Redcurrants/Blackcurrants) - large cup
- 1 Orange - peeled
- 1/2 Red Pepper - deseeded
- 2 Celery Sticks
- 1/3 Cucumber - semi-peeled
- 1/4 Chilli / Chilli powder
- 2cm Ginger

Feel the warmth in this super cleansing smoothie - the combination of red pepper and chilli together with the warm flavours of the berries and orange is a taste sensation

Meal Replacement:
This makes a perfect lunch replacement.



Red Hot Chilli Peppers

What to do:

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

Tips:

Add the chilli / chilli powder with caution

- you can always add a little extra once you've made your smoothie if you're looking for an extra kick

Pour over ice for a cooler juice.

Facts:

The chilli pepper, the hottest member of the capsicum family, is a fruit pod from the plant belonging to the nightshade family. Its volatile oils, particularly capsaicin, account for its strong, spicy pungent character and antioxidant and anti-inflammatory effects which give chilli its cholesterol-lowering blood-sugar balancing and appetite-suppressing properties. Capsaicin is also an aid for detoxification. Hot chillis in quantities normally used for seasoning can stimulate digestion reduce hunger and cravings and boost metabolism.



Chicory Charmer

- 1 Mint Teabag - brewed
- 1 Endive / Chicory
- 2 Peaches / Nectarines - stone removed
- 1/2 Lime - juice
- 1 Pear
- 1 Mint - large handful
- 1/2 Avocado

The combination of bitter endive, sweet peach and creamy avocado make this a really charming (and very cleansing) smoothie.

Meal Replacement:

Make this a highly nutritious lunch or restorative mid-afternoon smoothie



Chicory Charmer

What to do:

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

Tips:

Add some fresh mint leaves to your glass - to add to the charm
Pour over ice for a cooler smoothie.

Facts:

Chicory is also known as endives or radicchios.

Grown in the dark, the popular white chicory lacks the usual array of vitamins, but it retains the volatile oils and other substances that aid digestion and act as a detoxifier, a diuretic and a mild laxative.

Chicory contains natural sedative compounds to ease stress and pain and because its bitter constituents stimulate bile production, increases appetite and aids digestion. Chicory can also help combat indigestion and uncomfortable bloating and wind.

It's great source of dietary fibre and it helps to remove toxins from the blood and tissue.



Melon Marvel

- 250ml Coconut water
- 1 Cantaloup Melon - large slice
- 1 Spinach - large handful
- 1/3 Cucumber - semi-peeled
- 1/4 Fennel bulb
- 1 Pear - remove the core
- 2cm Ginger
- 1 Mint - large handful

This super cleansing glass of smoothie sunshine overflowing with cleansing goodness

Meal Replacement:

A perfect cleanser anytime of the day -
wonderful refreshing lunch



Melon Marvel

What to do:

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

Tips:

Scoop the melon as close to the skin as possible to maximise
the nutrient content
Pour over ice for a cooler juice.

Facts:

The humble cantaloupe really is an understated nutritional-superhero! Not only is it the most nutrient dense melon, when it comes to beta-carotene, cantaloupe knocks other yellow-orange fruits out of the park. Once eaten, beta-carotene is either converted into vitamin A or acts as a powerful antioxidant to help fight free radicals that attack cells in your body. Cantaloupe has high water content, almost 90 percent. so it's going to help you stay hydrated throughout the day, which is important for heart health *and* cleansing.



So Well-Red

250 ml Coconut water
1 Beetroot
1 Orange - peel removed
1 Apple
1/2 Red Pepper - deseeded
2cm Ginger
1 Lemon

*This is super cleansing glass of smoothie sunshine,
overflowing with colourful cleansing goodness!*

Meal Replacement:

A perfect cleanser anytime of the day -
wonderful refreshing lunch



So Well-Red

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 heat
Pour over ice for a cooler smoothie

Facts:

Red peppers are very high in vitamin C, (1 pepper = up to 169% of your RDI)
The Vitamin C contained in red bell peppers helps to form collagen, essential for healthy, clear skin. They're an excellent source of Vitamin A which supports healthy eyesight. The combination of vitamin B6 and magnesium in red peppers helps to reduce anxiety and as a natural diuretic, Vitamin B6 is great for reducing bloating and preventing hypertension. Red peppers can help if you're looking to lose weight too!
1/2 a red pepper is just 30 calories. And guess what... you can burn more calories by consuming red peppers as they can activate thermogenesis and increase your metabolic rate.