



GLORIOUS GREEN SMOOTHIE

To make this a more complete VPF meal, add protein powder of choice, gelatin or amino-acid capsule for extra protein, and healthy fats from flax seeds, avocado or Omega-3 oil of choice.

DIRECTIONS

1. Add the first 5 ingredients in the same order as the ingredients in a blender.
2. Start blending on low speed, and blend until smooth.
3. Slowly increase speed - add the rest of the ingredients until smooth.
4. Eat your smoothie! Store the rest in an airtight bottle in the fridge for 2-3 days.

NOTE

If you're just starting to get your kids used to drinking green smoothies, you can increase the sweetness by adding an extra banana, reducing the celery to one, and omitting the parsley.

Equipment:

High speed blender

INGREDIENTS

- 2 C very cold water (or add ice)
- 5 cucumbers
- 5 large leaves of romaine lettuce
- Large handful of fresh spinach (or 3-4 cube of frozen spinach)
- 2 celery stalks
- 1 apple
- 1 banana
- 1/2 fresh lemon, peeled, seeded
- 1/4 C parsley (optional)

*Use as many organic ingredients as possible.



Equipment:

High speed blender

INGREDIENTS

- Spinach, 1 big handful (frozen or fresh)
- Parsley, small bunch
- 1 Celery
- 4 Cucumbers
- 4 Broccoli florets (big pieces)
- 1 Green zucchini (I use the arabic "Koussa")
- 1 Sweet apple
- 2 Nectarines, sweet
- 1 Orange, peeled
- 1 Knuckle of fresh ginger, peeled (optional)
- 1 Small lemon (or lime), peeled

*Use as many organic ingredients as possible.

THE GREEN JUICE THAT WILL MAKE YOU LOVE VEGETABLES

To make this a more complete VPF meal, add protein powder of choice, gelatin or amino-acid capsule for extra protein, and healthy fats from flax seeds, avocado or Omega-3 oil of choice.

DIRECTIONS

1. If using frozen spinach, place several pieces into a sealable plastic bag and place the bag in warm water to defrost. (By the time I've prepared all of the other ingredients, the spinach has defrosted.)
2. Wash and rinse all of the ingredients and cut them up into pieces to fit your juicer. I like to wash my produce in a mixture of water, baking soda and vinegar.
3. Juice your vegetables by alternating between a hard ingredient and a soft ingredient. I usually wrap my parsley around the celery or cucumber, and be sure not to juice the ginger last.

NOTE

Omit the ginger if your kids aren't used to the spiciness of ginger or reduce the quantity. Ginger has many medicinal qualities so it's a great addition to any juice.



RAVISHING RED SMOOTHIE

To make this a more complete VPF meal, add protein powder of choice, gelatin or amino-acid capsule for extra protein.

DIRECTIONS

1. Wash and rinse all of the ingredients and cut them up into pieces to fit your juicer. I like to wash my produce in a mixture of water, baking soda and vinegar.
2. Juice the small beets, celery, cucumbers, spinach, lettuce, pineapple, ginger.
3. Blend the juice with avocado, banana and lots of ice.

Equipment:

High speed blender

Makes:

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INGREDIENTS

- 4 small beets or 1 large
- 2 celery
- 2 cucumbers
- 2 handfuls spinach
- 4 lettuce leaves
- 3/4 pineapple
- 1 in fresh ginger
- 1 avocado
- 1 banana
- Lots of ice

*Use as many organic ingredients as possible.