



DETOX  
smoothies

AND  
juices

hello natural

# What's inside?

12 nourishing smoothie and juice recipes to inspire your detox! All recipes are dairy-free, sugar-free, gluten/wheat-free, soy-free and delicious!

Detoxing doesn't have to be boring. These 12 smoothies and juices will have you excited to make the next flavorful recipe instead of thinking of all the things you can't have during your spring clean!

These recipes are jam packed with superfoods, fresh fruit and vegetables, herbs and spices that will all nourish your body from the inside to leave you glowing.

# The Benefits of Juices & Smoothies

More energy

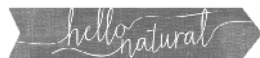
Clearer skin and brighter eyes

Better digestion

Weight management

Improved immune system

Less belly bloat





## Juicing vs. Smoothies

Juicing treats your body with nutrients, vitamins, and raw enzymes that are easy to digest and that enter your blood stream immediately. Detox juices give your digestive system a chance to rest, and give your liver time to flush out harmful toxins from food and your environment while still providing adequate nutrients to support the regeneration of cells and organs. The body can easily consume pounds of vegetables in juice form, which would be very difficult to accomplish while eating whole vegetables with the fiber. They're perfect for getting a lot of nutrients on the go, or when cooking veggies isn't possible.

Detox smoothies provide similar benefits, but retain the fiber from fruits and vegetables. The fiber, along with extra nutritional support in the form of chia seeds, oats, nut butters and other smoothie add-ins, make them a great choice for breakfasts, snacks as a way to refuel after a workout.



## Juicers & Blenders

A centrifugal juicer will do the trick for most juice recipes. The produce is fed through a hole and into a chopper. The “puree” is then spun at high speeds and strained. It comes out the spout and into a pitcher.

For smoothies, you’ll need a high-quality blender that can handle a lot of produce and is easy to clean.

# Juice Pulp

The pulp is what's left over after juice is extracted – it is mostly insoluble fiber. Pulp is great to add to a compost pile or bin and to the garden.

Just remember that most of the flavor from the veggies and fruit was extracted in the juice, so it won't be as strong. You can also make vegetable stock, which extracts the last bits of flavor.





## Buying & Prepping Produce

Buying organic fruits and vegetables will increase the health benefits of the produce you consume, while minimizing toxins like pesticides. Try finding a local farm or CSA, or join a co-op to reduce the costs of buying organic produce.

Most veggies can be washed, cut and prepped a couple days in advance. Store pre-cut celery, carrots and other items that won't absorb too much water in a container with cold water to prolong their shelf life. Wait to cut more fragile/quick-to-brown things like cucumbers and apples until right before you juice. Wash everything thoroughly, too!



# SMOOTHIES

Beet Berry

Super Minty Green

Maca Berry

Matcha Green Frappe

Tropical Green

Dandelion Espresso







# BEET BERRY SMOOTHIE

A nourishing smoothie with the sweetness of berries and the cleansing qualities of beetroot. This smoothie will fill you up during your detox and make you glow from the inside out. Packed with antioxidants, iron, good fats and a little zest from the lemon!

## What you need

- 1 beet
- 10 strawberries
- Juice of 1/2 a lemon
- 1/2 cup coconut milk
- 3/4 cup coconut water

## What to do

Add ingredients to blender and blend until smooth

Prep time: 5 mins

Serves 1



# SUPER MINTY GREEN SMOOTHIE

This smoothie has the works! High in fiber and protein to keep your energy levels up for longer. It's also got great sources of good quality fats like omega-3's and mono-unsaturated fats from avocado.

## **What you need**

- 1 ½ banana
- 2 tsp spirulina
- ¼ avocado
- 1 ½ cups almond milk
- 2 tsp chia seeds
- 2 leaves of kale
- 1 date
- ½ cup tightly packed spinach
- 4-6 drops peppermint extract

## **What to do**

Add ingredients to blender and blend until smooth

**Prep time:** 5 mins

Serves 2



# MACA BERRY SMOOTHIE

Get your antioxidant hit with a burst of energy and balance from berries and maca! Maca is great to boost energy and balance hormones. Be sure to use freshly ground flaxseeds, which are far superior nutritionally to pre-ground flaxseeds/meal.

## **What you need**

- 3/4 cup organic mixed berries
- 1 cup almond milk
- 3 tsp almond butter
- 1-2 tsp maca powder
- 2 heaped tsp flaxseeds
- 1/2 tsp cinnamon

## **What to do**

Add flaxseeds to a dry blender and blend until finely ground. Add the remainder of the ingredients to blender and blend until smooth

***Prep time:*** 5 mins

Serves 1



# MATCHA GREEN FRAPPE

. Get your greens with the amazing antioxidant benefits of green tea powder. Matcha is also a great alternative to coffee as it will still give you a boost but is not as strong and intense as coffee.

## What you need

3/4 cup almond milk  
3/4 cup ice  
2 tsp honey  
1/3 cup soaked cashews  
2 tsp matcha powder  
1/2 cup tightly packed spinach  
2 tsp coconut cream  
1/2 tsp nutmeg

## What to do

Blend all ingredients until smooth

**Prep time:** 5 mins

Serves 1



# TROPICAL GREEN SMOOTHIE

. A tropical twist on the green smoothie. This smoothie will aid digestion, keep you hydrated and is high in fiber.

## What you need

- ½ cup packed spinach
- ¾ cup coconut water
- 3 kale leaves
- ½ banana
- ¼ cup cubed mango
- ½ cup cubed pineapple
- ¼ cup coconut milk/cream
- ½ inch piece ginger

## What to do

Blend all ingredients until smooth

**Prep time:** 5 mins

Serves 1



# DANDELION ESPRESSO SMOOTHIE

During a detox, coffee is usually off limits. Enter roasted dandelion. It's caffeine free and has a beautiful, nutty, bitter flavor similar to coffee. It's great for liver detoxification too!

## What you need

- ¼ cup boiling water
- 1 roasted dandelion teabag
- 3 tsp almond butter
- 1 date
- ½ cup almond milk
- Sprinkle cinnamon on top

## What to do

Blend all ingredients until smooth and top with cinnamon

*Prep time:* 5 mins

Serves 1



# Juices

Blood Cleanser

Pineapple Chia Fresca

Earthy Green

Minty Goodness

Fresh Pink

Ginger Tonic



# BLOOD CLEANSER

Beets are a fantastic source of iron, potassium and antioxidants. Beets are also great for detoxification thanks to the phytonutrients they contain. The addition of the superfood turmeric to this juice also makes it an anti-inflammatory powerhouse! Drink up!

## **What you need**

4 medium beets  
1 orange  
2 inches fresh turmeric root

## **What to do**

Juice all ingredients and enjoy

***Prep time:*** 5 mins

Serves 1





# PINEAPPLE CHIA FRESCA

This juice has many beneficial elements including turmeric which is a powerful anti-inflammatory, along with chia seeds to increase satiety during your detox, as well as fiber and omega-3s. Seriously healthy stuff! Coconut water will keep you hydrated and the lemons will aid metabolism and detoxification.

## **What you need**

- 1 1/2 cups cubed pineapple
- 1 1/2 inch turmeric root
- 1 1/2 lemons
- 2/3 cup coconut water
- 2 tsp chia seeds

## **What to do**

Juice pineapple, lemon and turmeric, then add coconut water and chia seeds and stir well.

***Prep time:*** 5 mins

Serves 1



# EARTHY GREEN JUICE

A low sugar, all-veggie juice with earthy ingredients. Ginger adds a bit of zing, aids digestion, and supports immunity and circulation.

## What you need

- 2/3 cup spinach
- ½ a lemon
- 5 kale leaves
- 5 carrots
- 3 celery sticks
- 1 inch piece ginger

## What to do

Juice all ingredients and enjoy.

**Prep time:** 5 mins

Serves 1



# MINTY GOODNESS

If you struggle to drink green juice, the fresh, minty goodness in this recipe will help get you through! It's a refreshing and hydrating green juice to cleanse your insides and make you feel refreshed and vibrant!

## What you need

- 1 bunch romaine lettuce
- 2 apples
- ½ cup spinach
- 2 celery stalks
- 2/3 cup fresh mint leaves
- 2 cucumbers
- 1/2 a lemon

## What to do

Juice all ingredients and enjoy.

**Prep time:** 5 mins

Serves 1



# FRESH PINK JUICE

A beautifying and hydrating juice made with fresh pomegranate to boost antioxidants. Your skin will love it!

## **What you need**

¼ watermelon  
1 pomegranate  
½ cup coconut water  
1 handful fresh mint  
Ice optional

## **What to do**

Remove seeds from pomegranates and juice the seeds of the pomegranates, along with the rest of the ingredients in your cold-pressed juicer. If you can't find pomegranates, use strawberries/cranberries  
*Serve with ice and enjoy!*

***Prep time:*** 5 mins

Serves 1



# GINGER TONIC

Boost your immune system with this ginger tonic. The pinch of cayenne will aid circulation and cardiovascular function. This juice will knock your cold on the head!

## What you need

- 1 lemon
- 1 inch piece ginger
- 2 tsp apple cider vinegar
- 3/4 cup warm water
- 1-2 tsp raw honey
- Pinch of cayenne powder

## What to do

Juice lemon and ginger and set aside. Boil the kettle and fill half a 3/4 measuring cup with boiling water and fill the remaining half with cold water. Add this now warm water to your lemon and ginger juice. Stir in honey, apple cider vinegar and add a pinch of cayenne

**Prep time:** 5 mins

Serves 1

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