

Create your daily health smoothie



Advanced health recommendations always suggest the value of raw, green and fresh foods and a health smoothie is a delicious and easy way to accelerate you towards your health and wellness goals. So whether you are doing a detox, trying to increase your energy or just wanting a boost in your nutrients from a natural source – try a smoothie a day!

Choose a blender that is easy to clean and powerful enough to blend nuts and seeds. I recommend the Nutribullet, Magic bullet, George Foreman mix and go, Thermomix or the Ninja blender.

For you base blend, add...

40% vegetable greens

Spinach leaves, any gourmet lettuce, rocket, Asian greens, Beetroot leaves, kale, snow peas, chives, broccoli, carrot, Capsicum, cabbage, cucumber, celery, parsley, zucchini, Sprouts, beans, avocado, fennel...

40% seasonal ripe fruit

Banana, berries, mandarins, oranges, plum, peaches, apples, Pears, limes, lemons, lychees, figs, dates, cherries, coconut, Apricots, mango, strawberries, nectarines, papayas, Persimmons, pineapple, quinces, kiwi fruit ...

20% to make it thick!

Nuts, seeds, natural museli, natural probiotic yogurt, oats, psyllium husk, chia seeds, Almond milk/rice milk...

Top with clear fluids

Water, coconut water, green tea, herbal tea, mineral water, Alkaline water (we recommend the waterman filter)

Make it even more medicinal...

By adding herbs, you raise the Wellness bar a little more...

Try ginger, cinnamon, turmeric, basil, coriander, lemon juice, lime juice, aloe vera, spirulina, chlorella, bee pollen granules, lecithin, cacao nibs, maca powder or a quality protein powder such as Metagenics Shake it (ask me about this). Your prescribed supplements (such as Metagenics Thermophase or Gtox express or your mineral powder (Fibroplex, Cardio X, EnergyX or Calm X), Vitamin C power or others - You only need a tablespoon of these at one time.



Michelle Cose - Naturopath

Making Your steps to Wellness simple & achievable.

Phone: 0409 572220.

Web: www.yourstepstowellness.com

Email: michelle.naturopath@gmail.com

Facebook: Your steps to Wellness