

# 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 Waters Co water filter)

## Make it even more medicinal...

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

Pre-made powdered herbs such as Nutraorganics Clean protein, Clean greens, AcaiBerry & Maca are fabulous additions. Many are combinations of ginger, cinnamon, turmeric, basil, coriander, lemon juice, lime juice, aloe vera, spirulina, chlorella, bee pollen granules, lecithin, cacao nibs & maca powder.

Your prescribed mineral supplements in powdered form can always be added to a smoothie.

See [www.yourstepstowellness.com/shop-online](http://www.yourstepstowellness.com/shop-online) in the organic pantry for the best powders available.



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