

Phoenix Centre for Acupuncture and Holistic Health

RECIPE - FRUIT SMOOTHIES

Ingredients:

1-2 cups of water

1 teaspoon of almond or mixed nuts butter (available in the health food section of the supermarket – may also be called almond or mixed nuts paste)

½ an avocado

2-3 tablespoons of protein powder

Fruit

Method:

Blend all together in a blender

Mixture suitable for freezing

Analysis of ingredients:

Almond/mixed nut paste – when mixed with water makes a nut milk which has a number of essential fats and proteins

Avocado – good for essential fats and gives the smoothie a creamy texture

Fruit – whatever is in season – may also consider frozen fruit such as blueberries or stewed fruit

Other Ingredients that could be considered:

Yoghurt – suitable if the smoothie is going to be drunk fresh but not suitable to add to a smoothies which is going to be frozen

Mint

Flaxseed oil

Ground ginger

Ground cinnamon

Coconut water

Cocoa powder