

# Ronit's Green Smoothie

I love to make a big batch all at once to save time. It keeps in the refrigerator for two to three days or you can freeze in a glass container and thaw the night before drinking.

- 2 cups water or coconut water
- Organic spinach
- 1 head organic romaine
- Juice of  $\frac{1}{2}$  organic lemon or one lime
- 3 to 4 sticks organic celery
- 1 organic apple
- 1 organic pear
- Parsley, optional
- Pinch cayenne pepper, optional
- 1 shot wheatgrass, optional

Blend water, spinach and romaine. Add celery, apple, pear, lemon juice and herbs.

**Enjoy the energy!**

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# Warm Spice Smoothie

When it's cold outside and you want to warm up your insides, a frozen smoothie just won't do the trick. You can still have all the components of a healthy shake but the warmth and nourishment of comfort food by creating "hot" smoothies. Use the recipe below as a base and switch up spices, drop in some berries or add protein powders to suit your palate. All you'll need now is a frosty winter day.

- 1 ripe banana
- $\frac{1}{4}$ -inch knob fresh ginger
- 1/4 teaspoon ground cinnamon

- 1/2 teaspoon ground nutmeg
- 3/4 cup hot almond milk

Warm the banana in the microwave for 20 to 30 seconds, while heating the milk on the stove. Blend all the ingredients in a blender for 2 minutes and you're done. Drink it while it's hot!

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## **Ronit's Berry Energy Smoothie**

I love to drink a cup of this smoothie in the morning before my workout. I save another 1/2 cup for refueling afterward. Store the extra in your refrigerator for a snack later that day.

- 2 cups unsweetened almond milk or water
- 2 tablespoons chia seeds
- 1/2 packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- 1/4 cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

**Blend all ingredients and enjoy a boost of energy!**

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## **Ronit's Fruity Green Juice**

# for Kids

This juice is great for kids or anyone new to green juices. I adapted this recipe from Reboot With Joe and it's a hit!

- 15 strawberries
- 1 apple
- 1 pear
- 12 kale leaves
- 4 celery stalks

Wash all ingredients well and put through a juicer.

**Enjoy!**