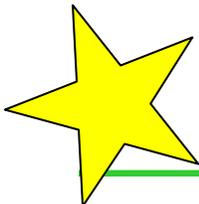


Why should I eat at least five portions of fruit and vegetables a day?

Well you need the minerals and vitamins in fruit and vegetables to

1. Replace skin cells, replace all cells
2. Keep brain activity normal
3. Keeps bowels regular
4. Keep organs functioning
5. Keep hair thick and shiney
6. Help build muscle
7. Help detox your body
8. Keep metabolism healthy
9. Keep digestion healthy
10. Help fight infection
11. Keep skin glowing
12. Keep you energized



Smoothie Workshops

can be booked for your group or centre

Phone the Annexe on

0141-357-6747 for more details



Info on leaflet sourced from "Juices and Smoothies" by Suzannah Oliver and Joanna Farrow, "Su per Juice" by Michael van Straten.

Also ta to Marion Dunbar for content information.

Well worth a visit is www.bbc.co.uk/health

(Smoothie books for lend from Annexe health library!)



*Smoothie
Operators*



Favourite recipes

Annexe Healthy Living Centre

9a Stewartville Street

Glasgow G11 5PE

www.annexecommunities.org.uk

Smoothie Recipes

1. Refreshing with a wee zing!!!

1 Galia melon, 1 carton of organic apple juice, piece of fresh ginger

Blend all together and away you go!!!

2. One to boost the old grey matter!!!

1/3 pineapple, 1 large orange, few strawberries, handful blueberries, 1 banana and 1/2 pint of freshly squeezed orange juice.

Blend together in your blender and watch out Einstein here we come!!!

3. Yummy scrummy !!!

1 packet of raspberries, 1 banana, 1 carton of pineapple juice

Blend together, simply and yummy.

4. One to revive your flagging energies!!!

“Turbo charge”

Handful spinach, 1/2 pineapple, 1/4 lime, 1 stick celery, 1/2 avocado, 1/4 cucumber, carton of organic apple juice

5. Surprise find of the week!!

“MMMmmm”

1/2 punnet strawberries, 2 pieces organic, non-pickled beetroot, carton of organics apple juice.

6. Verry Berry

Punnet of raspberries, handful of strawberries, handful of blueberries, carton fresh orange juice, sprinkle of Goji berries and sprinkle of sunflower seed

Goji berries are full of anti-oxidants that help clear up your insides. Find in Health shops !

7. Try a delicious veggie smoothie!!

2 beetroot, 1 carrot, 2 sticks of celery, 1 carton of tomato juice.

Blend together. Beautiful colour!! and a good supply of vitamins A, C and E which are all essential for good health.

8. Why not experiment and see what your favourite recipe is!

Try adding a bit of nuttiness with sunflower or pumpkin seeds, (sunflower seeds are good for your prostate and pumpkin seed contain happy serotonin) - add a bit of sweetness with a few raisins. Good luck and

Best of health to you!!!

