Alkaline Energy Green Smoothies

12 Super-Quick & Super-Alkaline Breakfast Smoothies to Make Your Day Go With A Bang!

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Now the legal stuff’s out the way, enjoy these recipes – they’re great!
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Intro

There are 12 great smoothie and juice recipes in this book and I know you'll enjoy them, they are very palatable and wonderfully energising.

I thoroughly recommend having a smoothie for breakfast each day for a number of reasons:

1. You can get a mix of 3, 4, 5 or 6 highly nutritious and alkalizing vegetables, fruits and seeds in one easy-to-consume form.
2. It is a known fact that we should chew (masticate) each mouthful of our food until almost liquid form food in order to gain the full nutritional benefits and not put stress on our digestive organs. Smoothies are pre-masticated, so you can just drink them down and your body can use them right away.
3. They’re quick and easy to prepare, tasty and will fill you up all morning, whilst giving you the energy to perform at your best!

The majority of the smoothies have a base of avocado, greens and lemon/lime juice as these are fantastically alkalizing and nutritious foods – lots of Omega 3 essential oils in the avocado, alkalizing minerals in the lemon/lime and chlorophyll sunlight energy, calcium and protein in the greens. Other ingredients include fruits, which are slightly acidic and so the smoothies are around 70-80% alkaline overall, which is perfect. 😊

Happy drinking!

Laura Wilson

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Sweet Smoothies
1. The Activator

Ingredients

Avocado – 1 Peeled, Chopped
Spinach or Baby Greens – 1 Large Handful
Cucumber – 2 Inch Slice, Chopped
Lime – ½ Squeezed
Lemon – ½ Squeezed
Pineapple – 2 Inch Slice, Chunked
Mixed Seeds – 2 Tablespoons (Chopped)
Apple Juice – 1 Small Cup (100-200ml)
Water – Optionally Added To Thin Consistency
Spirulina – 1 Teaspoon (Optional)

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Activate your inner Super Hero!

Calories

700
2. The Booster

Ingredients

Avocado – 1 Peeled, Chopped
Kale – 1 Large Handful
Cucumber – 2 Inch Slice, Chopped
Lime – ½ Squeezed
Lemon – ½ Squeezed
Papaya – 1 Peeled, De-seeded & Chopped
Pumpkin & Sunflower Seeds – 2 Tablespoons (Chopped)
Apple Juice – 1 Small Cup (100-200ml)
Water – Optionally Added To Thin Consistency

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Boost off onto a different plane!

Calories

700
3. The Kicker

Ingredients

Avocado – 1 Peeled, Chopped  
Spinach or Baby Greens – 1 Large Handful  
Lime – ½ Squeezed  
Lemon – 1 Squeezed  
Apple – 1 De-seeded & Chopped  
Blueberries – Handful  
Hemp Seeds & Pine Nuts – 2 Tablespoons  
Apple Juice – 1 Small Cup (100-200ml)  
Water – Optionally Added To Thin Consistency  
Udo’s Choice Green Blend – 1 Teaspoon (Optional)

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Go kick some butt!

Calories

700
4. The Invigorator

**Ingredients**

- Avocado – 1 Peeled, Chopped
- Kale - 1 Large Handful
- Lime – ½ Squeezed
- Lemon – ½ Squeezed
- Banana – 1 Peeled & Chopped
- Mixed Seeds – 2 Tablespoons (Chopped)
- Apple Juice – 1 Small Cup (100-200ml)
- Water – Optionally Added To Thin Consistency
- Wheatgrass Powder – 1 Teaspoon (Optional)

**Preparation**

Place all ingredients in the blender. Blend, pour, drink, enjoy...Invigorate your workout!

**Calories**

700
5. The Stimulator

Ingredients

Avocado – 1 Peeled, Chopped
Spinach or Baby Greens – 1 Large Handful
Cucumber – 2 Inch Slice, Chopped
Lime – 1 Squeezed
Grapes – 1 Handful
Dates – 5 Stoned & Chopped
Mixed Seeds – 2 Tablespoons (Chopped)
Apple Juice – 1 Small Cup (100-200ml)
Water – Optionally Added To Thin Consistency

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Stimulate your fun and playful side!

Calories

700
6. The Vitaliser

**Ingredients**

- Avocado – 1 Peeled, Chopped
- Kale – 1 Large Handful
- Cucumber – 2 Inch Slice, Chopped
- Lime – ½ Squeezed
- Lemon – ½ Squeezed
- Mango – 1 Peeled & Chopped
- Goji Berries – 1 Tablespoon
- Pumpkin Seeds – 1 Tablespoon
- Apple Juice – 1 Small Cup (100-200ml)
- Water – Optionally Added To Thin Consistency

**Preparation**

Place all ingredients in the blender. Blend, pour, drink, enjoy...Vitalise your face with lots of smiles!

**Calories**

750
Savoury Smoothies & Juices
7. The Rejuvenator

Ingredients

Avocado – 1 Peeled, Chopped
Spinach or Baby Greens – 1 Large Handful
Cucumber – ½ Whole, Chopped
Vine Tomatoes – 2 Chopped
Red Pepper – ½ Chopped
Celery – 1 Stick, Chopped
Udo’s Choice Green Blend – 1 Tablespoon
Water – Optionally Added To Thin

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Rejuvenate your to-do list!

Calories

450
8. The Energiser

Ingredients

Mixed Sprouts (Alfalfa, Broccoli, Chick Pea etc) – 2 Cups
Spinach or Baby Greens – 1 Large Handful
Cucumber – 2 Inch Slice, Chopped
Water – 1 Small Cup (100ml-200ml)

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Energise your relationships!

Calories

250
9. The Sustainer

**Ingredients**

- Spinach or Baby Greens – 2 Large Handfuls
- Apple – 1 Chopped
- Cucumber – 1 Medium, Chopped
- Parsley – ½ Small Cup
- Celery – 1 Stick, Chopped
- Lemon – 1 Squeezed
- Ginger - 1 Small Piece, Peeled & Chopped
- Water – 1 Small Cup (100ml-200ml)

**Preparation**

Place all ingredients in the blender. Blend, pour, drink, enjoy...Sustain your alkaline diet momentum!

**Calories**

150
10. The Enlivener

**Ingredients**

- Tomatoes – 2 Chopped
- Red Pepper – ½ Chopped
- Olive Oil – 1 Tablespoon
- Ginger – 1 Small Piece, Grated
- Onion – 1 Chopped
- Cayenne Pepper – Pinch
- Cinnamon – Pinch
- Water – 1 Small Cup (100ml-200ml)

**Preparation**

Place all ingredients in the blender. Blend, pour, drink, enjoy...Enliven your passions!

**Calories**

200
11. The Powerhouse

Ingredients

Avocado – ½ Peeled, Chopped
Kale – 1 Large Handful
Parsley – 1 Large Handful
Garlic – 1 Clove, Chopped
Red Onion – 2 Slices, Chopped
Lemon – 1 Squeezed
Tomato – 1 Chopped
Yellow Pepper – 1 Chopped
Olive Oil – 1 Tablespoon
Mixed Seeds – 2 Tablespoons (Chopped)
Spirulina – 1 Teaspoon
Sea Salt – Pinch
Water – Optional – 1 Small Cup (100ml-200ml)

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Power up your goals and ambitions!

Calories

500
12. The Refresher

Ingredients

Avocado – 1 Peeled, Chopped
Sprouted Peas – 2 Cups
Spinach or Baby Greens – 1 Large Handful
Sugar Snap Peas – 1 Cup
Apple - 1 Small, Chopped
Cayenne Pepper – Pinch
Sea Salt – Pinch
Water – 1 Cup (200ml)

Preparation

Place all ingredients in the blender. Blend, pour, drink, enjoy...Refresh your body with some deep diaphragmic breaths!

Calories

600