

Alkaline Diet Health Tips

Alkaline Energy Green Smoothies



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

Laura Wilson

www.AlkalineDietHealthTips.com

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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!

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Sweet Smoothies

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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

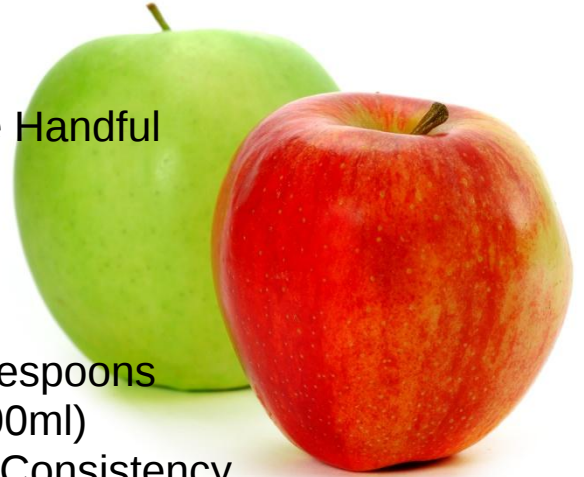
700



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

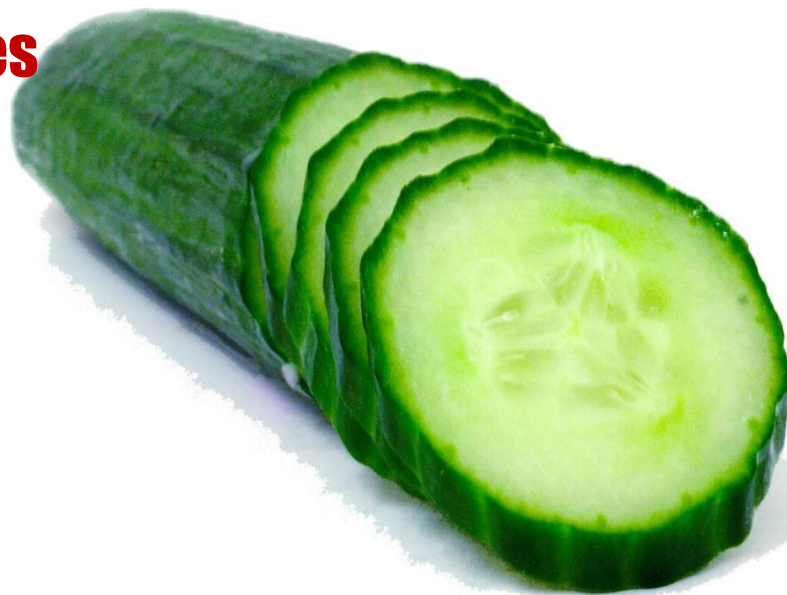
Mixed Sprouts (Alfalfa, Broccoli, Chick Pea etc) – 2 Cups
Spinach or Baby Greens – 1 Large Handful
Cucumber – 2 Inch Slice, Chopped
Water – 1 Small Cup (100ml-200ml)

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

