



MY 21 FAVOURITE **SMOOTHIES**

BY RAELE CONNOLLY

My 21 Favourite Smoothies

Most delicious healthy liquid foods.

Raelle Connolly

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Smoothies

Smoothies are a great way to get the most out of your food, when you blend food in a high powered blender like a Vitamix or Nutri-bullet you crack the cell wall and release the nutrients into this easy to drink super nourishing beverage.

These nutrients once released are then more bio-available for digestion and absorption. Which makes them much quicker and easier to be digested.

Most of us are digestive compromised, due to environmental factors and the toxic lifestyle we find ourselves in. We don't absorb much nutrition from our food and being overweight is the first sign of a nutrient starved body. The food we eat is only one part of it, the way we eat that food is another, and the state of our digestive system is just as important as well.

Smoothies Cocktails and Desserts

Here are just a few of my favourite special treats for the special occasion or just any old time you want to treat yourself.

We have 4 non alcoholic, healthy versions of some popular cocktails that are real delicious to impress your friends.

These cocktail smoothies are very filling, they are like a light meal, so keep this in mind, you can always add more water to get a thinner consistency.

I have added 3 of my favourite desserts to this section that elegantly finish any dinner party.

These are very rich in flavour, but light in calories, so guilt free. Having one of these desserts after eating a main is going to enhance the digestion of the rest of the meal.

The desserts in this section are so easy to make, just 5 minutes and they are ready to serve. They have got to be the quickest and easiest desserts out there not to mention delicious.