

VEGETABLE SMOOTHIE



ABUNDANT VEGETABLE SMOOTHIE

2 Roma Tomatoes
1 Small Carrot
1 Small Zucchini
1 Glove Garlic
1 Tablespoon onion
2 Stalks of Celery
1 Red Bell pepper
1 Tablespoon fresh parsley
2 Cups of Water
Blend all ingredients together until creamy

VITAMIN k RICH SAVORY BASIL SOUP

1 Bunch fresh Basil
2 Large ripe Tomatoes
1 Bell pepper, seed and stem removed
2 Gloves Garlic
1 Cup Water
Blend and pour into large bowl.

CAULIFLOWER CARROT SMOOTHIE

2 Cups Cauliflower
1 Cup Carrots
1 Teaspoon dried Dill
1 Teaspoon dried Cilantro
2 Stalks Celery
1 Tablespoon Lemon juice
1 Cup Water
Blend all ingredients until creamy, adding the water gradually until the desired consistency is reached

SPINASH COLD BUSTER

2 Cups Spinash

12 cloves garlic

Juice of 1 Lemon

1/2 Cucumber

1/4 teaspoon cayenne pepper

1/2 teaspoon minced jalapeno

Pepper

1 Cup Water

Place all the ingredients in a blender

Blend on high speed for 30 seconds

Posted by Meisie van der Colff