



----- Smoothie recipes -----

Smoothie recipe for: Anti-inflammatory, gut regulator, rich in Essential Fatty Acids

Blend as many of the ingredients.

Nuts & seeds:

Pumpkin
Sunflower
Linseeds
Hemp seeds (shelled)
Chia
Sesame or 1 teaspoon of raw tahini
Almonds or almond milk
Ripe avocado

Berries and fruits for energy and antioxidants

Goji
Cranberries
Blueberries
Bananas
Apples (peeled)
Carrots

Fibre and minerals

1-2 teaspoons of Oat bran or Rice
bran or barley flour
Fresh turmeric or 1 teaspoon of
powder
Live yogurt

Added flavours

Ginger root
Ground cinnamon

Others:

Coconut milk/cream
Freshly squeezed lemon 1/2 – whole.
Will act as a stabilizer
1 Glass of water
1 Glass of almond or help milk

Drink one glass in the morning and if
you want keep the other glass
refrigerated and have it three hours
later. Avoid coffee within 30 minutes

Enjoy the benefits!

Smoothie recipe for: Detox, cleaning and weight loss

Blend as many of the ingredients.

Green vegetables:

Celery
Parley
Coriander
Avocado
Carrots
Broccoli
Kale
Spinach
Others...

Fibre and energy:

Berries, dried or fresh:
Goji
Cranberries
Blueberries
Bananas
Apples (peeled)
Beetroot fresh 1/4
soup spoonful of fine oat bran
1 teaspoon of psyllium husks or
fibrogel

Others:

Lemon juice at least 1/2 fresh
lemon
Fresh ginger, generous piece
1 cup of green tea infusion (cold)
1 glass of water

Drink one glass in the morning and
if you want keep the other glass
refrigerated and have it three
hours later.

Avoid coffee within 30 minutes

Enjoy the benefits!

Smoothie recipe for: Stimulation and energy

*Try to have as many of the
ingredients as possible*

Bananas
Cherries
Grapes
Beetroot (1/2 fresh)
Fresh ginger
Fresh or dried turmeric
Cinnamon (1 teaspoon)
Cardamom (de-potted or powder)
Live yogurt
Barley flour
Oat meal
Hemp protein powder
Chlorella and Spirulina powder
Green tea infusion (cold)
1 lemon squeezed
Honey / date syrup
Glass of rice or oat milk
Glass of water

Drink one glass in the morning and
if you want keep the other glass
refrigerated and have it three
hours later.

Avoid coffee within 30 minutes

Enjoy the benefits!

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