

Green power smoothie

This is an excellent way to ensure you are eating your phytonutrient-dense greens. The combination and ratios of ingredients in this recipe are a suggestion only – if you prefer a different green leaf (or if it's more seasonal), swap it in.

Serves	2
Prep time	10 minutes
Carb count	11 g per serving

EQUIPMENT

Chopping board, knife, hand blender or jug blender

INGREDIENTS

50 g (1½ cups) spinach
 50 g (1½ cups) kale
 5 g (1 tsp) crushed ginger
 ½ avocado
 ½ small cucumber
 1 apple, core removed
 1 clove garlic, peeled
 10 g (2 tsp) pumpkin seeds/pepitas
 10 g (2 tsp) sunflower seeds
 water, depending on consistency

METHOD

Blend all the ingredients together, adding water if necessary to achieve a good consistency.

Very berry smoothie

Antioxidant-rich berries are naturally low in carbs and are delicious and versatile. Use fresh berries when in season and frozen mixed berries during the rest of the year. Frozen berries are great, as they add a nice cold edge to the drink and change the texture.

Serves	1
Prep time	8 minutes
Carb count	12.2 g

EQUIPMENT

Tin opener, hand blender or jug blender

INGREDIENTS

30 g (4 medium-sized) strawberries
 30 g (small handful) blueberries
 30 g (small handful) raspberries
 125 ml (½ cup) coconut milk
 50 ml (3 tbsp) water
 10 g (2 tsp) pumpkin seeds/pepitas
 10 g (2 tsp) sunflower seeds

METHOD

Remove the stalks from the strawberries if they are fresh. Blend all the ingredients together until smooth.