

Green Smoothie

Ingredients (for 2 servings)

1 cup freshly pressed apple juice (organic)
1 ripe avocado, peeled and stoned
½ cucumber with peel left on (organic)
1 cup each of arugula and lamb's lettuce (or a combination of other greens such as watercress, spinach, kale or chard)
½ plain yogurt (ewes', goats', cows' milk or soy)
1 tbsp fresh mint leaves
1 tbsp fresh parsley leaves



Preparation

Combine all the ingredients in a powerful blender and liquidize for 2-3 minutes into a smoothie. Serve, decorated with a slice of cucumber or lemon stuck onto the rim of the glass and dusted with a pinch of paprika powder or milk red pepper flakes.

Nutritional analysis (per serving):

250 calories, total fat 13g (saturated fat 5.6g, monounsaturated fat 14.5g, polyunsaturated fat 2.8g), carbohydrate 26.5g (of which fiber 6g), protein 4.6g.



“Berry Booster” smoothie

(From “Zest for Life, The Mediterranean Anti-Cancer Diet”: www.zestforlifediet.com)

Ingredients (for 2 servings)

1 ½ cup raspberries and/or blueberries (fresh or frozen)
1 medium banana (not too ripe)
1 tbsp almond butter
2/3 cup almond or hazelnut milk
1 tbsp slivered or chopped almonds (toasted in a dry pan until golden)

Preparation

Combine all the ingredients in a powerful blender and liquidize for 2-3 minute into a smooth shake. If you like, sprinkle with slivered almonds (toasted in a dry pan for extra flavor) for extra nourishment and crunch.

Nutritional analysis (per serving):

296 calories, total fat 13g (saturated fat 4.3g, monounsaturated fat 6g, polyunsaturated fat 2.1g), total carbohydrate 38g (of which fiber 9g), protein 11g.

“Black Forest Gateau” smoothie

Ingredients (for 2 servings)

1 cup sour cherries, unsweetened (from a jar or frozen)
1 tbsp unsweetened, raw cacao
1 tbsp honey (preferably acacia)
1 tbsp hazelnut or almond butter
1 cup hazelnut or almond milk
1 tbsp finely ground flax seeds
1 tsp vanilla extract (natural)
1 dash of freshly ground black pepper



Preparation

Combine all the ingredients in a powerful blender and liquidize for 2-3 minutes to obtain a smooth shake. Decorate, if desired, with a two or three cherries on a wooden skewer laid across the rim of the glass.

Nutritional analysis (per serving)

296 calories, total fat 27g (of which 10g saturated, 10.7g monounsaturated and 4.7g polyunsaturated – the omega 6-to-3 ratio is a favorable 1.4), total carbohydrate 75g (of which fiber 8g), protein 23g.