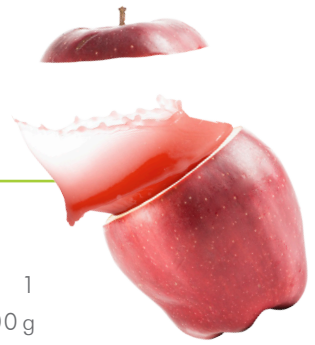


RED SMOOTHIES



APPLE

Apple	1
Berries (raspberries, strawberries)	100 g
Hazelnuts	5-6

BERRIES

Strawberries (deep-frozen)	3
Raspberries	20
Banana	1
Orange juice (freshly squeezed)	125 ml
Water (cold)	25 ml

ORANGE SMOOTHIES

CARROTS

Carrots	1
Apple	1
Banana	½
Water / fruit juice	2 dl

CARROTS/ORANGE

Carrots	1
Apple	1
Ginger root, fresh, hazelnut-sized	1
Orange, Saft davon	1
Lemon, its juice	½

YELLOW SMOOTHIES

MANGO

Ripe mango	1
Papaya	1
Banana	½–1
Water	

KIWI/HONEYDEW MELON

Apple	½
Kiwi	½
Honeydew melon	¼
A little water to dilute	

GREEN SMOOTHIES

BANANA/CUCUMBER

Apple	1
Banana	1
Cucumber	½
Parsley	1 bundle

SPINACH/AVOCADO

Baby spinach	2 handful
Apple	1
Banana	1
Soft avocado	½
Unpeeled lemon	⅛
Sufficient water	
Basil to taste, salt	

