

ALL THE GREENS BREAKFAST SMOOTHIE

GF / DF / V

- Ready in 5 mins
- Makes - 1

INGREDIENTS:

- 1 kiwi peeled and chopped
- 1 thick slice of pineapple or handful of frozen pineapple
- 1 small apple chopped and core removed
- 5cm piece cucumber
- 1 large handful fresh spinach or two cubes of frozen spinach
- ½ an avocado
- 1 thumb sized piece ginger peeled
- Juice of 1/2 a small lemon
- 1 tbsp chia seeds
- 180-200 ml water or plant milk
- 1 scoop collagen powder (optional)
- 1 scoop protein powder (optional)

STEP BY STEP:

1. Add all the ingredients to a high speed blender and blend until smooth.

2. Add to a glass and sip slowly over 20 minutes.

SUPER GREEN SALAD WITH ZINGY DRESSING

GF / DF /

- Ready in 5 mins
- Serves 1

INGREDIENTS:

- 3 handfuls of watercress, spinach & rocket or use a half bag of ready prepared salad mix
- ¼ of a cucumber diced
- half a sliced red pepper
- a handful of cherry tomatoes halved
- 2 sliced spring onions
- 1 grated carrot
- Handful of fresh herbs (optional)
- 150g of either cooked salmon, prawns, chicken breast or 3 boiled eggs

For the dressing

- 1 tbsp almond butter
- 1 tbsp sesame oil
- 1 tbsp gluten free soy
- 1 tsp maple syrup
- 1 tsp apple cider vinegar
- Juice of 1/4 of a lime
- 1/2 thumb sized piece of ginger grated
- Pinch of cayenne pepper (optional)
- 1-2 tbsps water if too thick

STEP BY STEP:

1. Mix the dressing ingredients together until smooth then and set aside.

2. Combine all the salad ingredients and pour over half the dressing, stir to coat (store the rest in the fridge until needed)

Top with your chosen protein and enjoy.

BROCCOLI & LEEK DETOX SOUP

GF / DF / V

- Ready in 20 mins
- Serves 4

INGREDIENTS:

- 2 leeks
- 1 onion
- 2 handfuls fresh spinach
- 1 large head of broccoli
- 1 fat clove of garlic
- 1.2 litres vegetable stock (I like Swiss marigold bouillon) or fresh chicken stock
- 1 can of white beans
- Olive oil to fry plus EVOO to drizzle
- 1 tbsp mixed seeds (I like pumpkin, sunflower & pine nuts)
- Salt & pepper + cayenne pepper (optional) to taste

STEP BY STEP:

1. Wash and trim the leeks. Slice them in half lengthwise and then again so you have long strips. Chop each piece into small pieces and set aside.
2. Slice the onion and chop the broccoli, set aside.
3. Warm a little olive oil in a pan and saute the leeks and onion until soft and translucent. Add the chopped garlic and cook for a further minute.
4. Add the stock and allow to simmer for 10 minutes. Then add the broccoli and simmer for another 3 -4 minutes.
5. Add the beans and spinach and cook for a further 2 - 3 minutes.
6. Toast your seeds in a dry frying pan. Set aside.
7. Once all the vegetables are cooked through and the beans are warm, blend until smooth or leave chunky depending on preference.
8. Serve drizzled with EVOO, a pinch of cayenne and a tablespoon of toasted seeds.