



Raw Food Recommendations For Optimal Health

Ultimate Liver Detox Juice

Ingredients

1 beetroot
2 carrots
1 cup spinach
1 stem of celery
Handful of coriander
1 small cucumber
1 cm ginger root
For an added extra 1 heaped tsp of
wheatgrass, barley grass or chlorella

Super Antioxidant Protein Smoothie

Ingredients

300ml coconut water, coconut water kefir, almond or rice milk
2 tbsp coconut or plain yoghurt
1 tbsp chia seeds
1 tbsp ground linseed sunflower and almond meal
½ banana
½ cup fresh pomegranate seeds or berries (depending on season)
½ cucumber
1 large handful spinach, rocket or kale leaves or a mix of all of these
1-2 scoops Aminoplex Cleanse (or 1 scoop protein powder and 1
scoop greens such as spirulina, chlorella and wheatgrass)

Method

Place in a blender and process until smooth. Makes 1 large serving
or 2 small servings



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