

Gut-loving green smoothie

INGREDIENTS

300–500ml water or coconut water,
1/4 cup of almonds or mixed seeds,
2–3 cups of green veggies.
(cucumber, spinach, lettuce,
sprouted seeds, parsley, celery,
leftover steamed veg from dinner –
cauliflower and broccoli are ideal)
1/2 cup avocado or frozen zucchini
– for texture

EXTRA FIBRE

1 tbsp psyllium husk or
1 tbsp green banana powder or
1–2 tbsp LSA or FHC meal or
(linseed/flax/almond or Flax/hemp/chia)

EXTRA PROTEIN

1 scoop your favourite protein
powder or
1 raw egg or
1/2 cup silken tofu or
1/2 cup cooked legumes or
1–2 tbsp LSA or FHC meal
(linseed/sunflower/almond or Flax/hemp/chia)

EXTRA FLAVOUR

1/2 tsp cinnamon or nutmeg
fresh mint
1 tbsp cacao nibs or powder
1/2 cup berries or banana
small green apple



DIRECTIONS

1. Soak nuts and seeds in filtered water overnight. You can use the blender cup for this. Rinse in the morning and add your choice of liquid base.
2. Blend ingredients in a high-powered blender and enjoy throughout the morning.

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