

HEALTHY RECIPES for smoothies

**E-BOOK
free**



**If some juices are thicker for you,
we recommend mixing with water or crushed ice.**

**"There are no barriers to imagination", so you can
taste the juice with your favorite fruits or vegetables.**

**In every drink, a high proportion of a certain vitamin
is mentioned. However, the juice also contains
another representation of important vitamins, which
are not mentioned in the recipe but are necessary for
our health.**

We believe you will like it!

Cheers!



1. Fresh detox

- high content of **vitamin B** and **vitamin E**

Ingredients:

- 1 green apple
- 3 – 4 celery stalks
- 1 small cucumber
- 1 lime
- sea salt
- basil

800ml / 4 servings

Content: 83kcal / 347 kJ / 18g carbohydrates / 4g fiber / 1g fat / 2g proteins

2. Green bomb

- high content of **vitamin C** and **iron**

Ingredients:

- 1 small cucumber
- ½ lemon
- 1 green apple
- 6 baby carrots
- 150 g of young spinach
- 150 g cabbage leaves

800ml / 4 servings

Content: 82kcal / 342 kJ / 18g carbohydrates / 6g fiber / 1g fat / 2g protein



3. Energy green drink

- high content of **vitamin C**

Ingredients:

- 1 pear
- ¼ vanilla
- ½ cinnamon bark
- 1.5 green apple
- arugula

400ml / 2 servings

Content: 144 kcal / 745 kJ / 39g carbohydrates / 8g fiber / 1g fat / 2g protein

4. Spicy booster

- high content of **beta-carotene**

Ingredients:

- 6 baby carrots
- 1.5 red apple
- 2 oranges
- 1 mango
- 2cm ginger

800ml / 4 servings

Content: 134 kcal / 561 kJ / 15g carbohydrates / 6g fiber / 1g fat / 2g protein



5. Sweet booster

high content of **vitamin C** and **vitamin A**

Ingredients:

- 2 red apples
- 1 small yellow melon

800ml / 4 servings

Content: 182 kcal / 761kJ / 40g carbohydrates / 4g fiber / 0g fat / 2g protein

6. Cold freshener

- high content of **vitamin C** and **minerals**

Ingredients:

- 3 large carrots
- 1 pomegranate
- 2 oranges
- 1 red grapefruit
- ½ lime

800ml / 4 servings

Content: 203 kcal / 851 kJ / 38g carbohydrates / 6g fiber / 1g fat / 3g protein



7. Melon detox

high content of **vitamin C** and **vitamin A**

Ingredients:

- 1 smaller red melon
- ½ lime
- 4 fresh mint leaves
- crushed ice

800ml / 4 servings

Content: 83 kcal / 349 kJ / 21g carbohydrates / 2g fiber / 1g fat / 2g protein

8. Summer fruit freshness

- high vitamin C content

Ingredients:

- 1 kiwi
- ¼ pineapple
- ½ manga
- 2 pears
- 2 nectarines

800ml / 4 servings

Content: 209 kcal / 871 kJ / 44g carbohydrates / 8g fiber / 1g fat / 2g protein



9. Vitamin sweet surprise

- high content of **beta-carotene**

Ingredients:

- 4 large carrots
- 1 red apple
- ½ teaspoons turmeric
- 200 ml of coconut water
- 1 teaspoon honey

800ml / 4 servings

10. Red vitality

- high content of **vitamin K** and **vitamin C**

Ingredients:

- 2 tomatoes
- 2 carrots
- 2 pcs red apple
- 1 lemon
- 1l of water

1.5 l / 7 servings

