

# Lisa's Smoothie Recipes

Submissions for the Sugar Rebound Contest (Aug 22-29 2013)



## Submission #1: Citrus Mint



### Ingredients (all organic):

- 1 cup cucumber, chopped
- 1/2 avocado
- 1 tbsp olive oil
- 1 tbsp flax seed, ground
- 1 tbsp pumpkin seed butter
- Large handful of walnuts
- Handful of fresh parsley leaves
- Handful of fresh mint leaves
- 1/2 tsp cumin, ground
- 1 tsp spirulina
- Juice of 1 lemon
- Mint Chlorophyll Kombucha Tea\*\*  
(made from fairtrade green tea, peppermint, chlorophyll, fairtrade cane sugar)
- Dash of himalayan sea salt
- Garnished with mint leaves and chopped almonds

*\*\* Filtered water or nut milk can be used as a substitute*

## Submission #2: Chocolate Addiction



### Ingredients (all organic):

- 1 tbsp coconut oil, melted
- 1 whole avocado
- 1/4 cup raw cacao powder
- Handful of goji berries, presoaked
- 1 large tbsp pumpkin seeds
- Handful of raw pecan nuts
- Pinch of cinnamon
- Pinch of Himalayan sea salt
- 1/4 tsp pure vanilla extract
- 1/2 tsp fresh lemon juice
- Almond milk, homemade using filtered water\*\*
- Garnished with goji berries and freshly shredded dark chocolate (85% fairtrade cacao)

*\*\* Filtered water can be used as a substitute*

### Submission #3: Pumpkin Delight



#### Ingredients (all organic):

- 1 tbsp tahini
- 1/2 cup pumpkin, steamed & puréed
- 1/4 tsp pure vanilla extract
- 1/4 tsp cinnamon
- 1 tbsp coconut, shredded
- Small handful of goji berries, presoaked
- 1 tbsp chia seeds
- 1 tbsp raw pumpkin seeds
- 1 tbsp raw sunflower seeds
- 1/4 tsp camu camu
- 1/2 tsp milk thistle seeds, freshly grounded
- Ginger Kombucha Tea (made from fairtrade white tea, ginger, fairtrade cane sugar)\*\*
- Garnished with cinnamon and shredded coconut

*\*\* Filtered water or nut milk can be used as a substitute*

### Submission #4: Green, Green and More Green!



#### Ingredients (all organic):

- 1 tbsp tahini
- 1/2 avocado
- 1/2 cup fresh collard greens, chopped (and steamed to remove goitrogenic properties)
- 1/2 cup romaine hearts, chopped
- 1/2 cup cucumber, chopped
- Handful of fresh parsley leaves
- Handful of fresh cilantro leaves
- 1 tbsp flax seed, ground
- 1 tbsp almonds, chopped
- 1 tbsp hemp hearts
- 1 tbsp milk thistle seed, ground
- 1 tsp cumin, ground
- 1/2 tsp tumeric
- 1/2 tsp camu camu
- 1/2 tsp spirulina
- 1 tbsp lemon juice, freshly squeezed
- Pinch of Himalayan sea salt
- Filtered water
- Garnished with small handful of sunflower seeds and cilantro leaves

### Submission #5: Ginger-Lemon-Beets



#### Ingredients (all organic):

- 1 tbsp olive oil
- 1/2 avocado
- 1/2 cup raw beet root, chopped
- 1/2 cup apple, chopped
- 1 cup green and red romain lettuce, chopped
- Handful of cilantro
- 1/4 tsp fresh ginger root, grated
- 1/2 lemon, juiced & zest
- 1/4 tsp camu camu
- 1 large tsp milk thistle seed, ground
- 1 tbsp flax seed, ground
- 1 tbsp hemp hearts
- Filtered water
- Garnished with chopped almonds

### Submission #6: Killer Beet Kvass



#### Ingredients (all organic):

- 1 tbsp coconut oil, melted
- 1 cup frozen mixed berries (cherries, blueberries, raspberries, blackberries)
- 1/2 cup fresh collard greens, chopped (and steamed to remove goitrogenic properties)
- Handful of parsley
- 1 tbsp flaxseed, ground
- 1/2 tsp milk thistle, ground
- 1 tbsp hemp hearts
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp coconut, shredded
- 1/2 tsp cinnamon
- 1/4 tsp camu camu
- Juice of one lemon
- 1 cup beet kvass
- Garnished with parsley leaf and coconut shreds.

## Submission #7: Mexican Salsa



### Ingredients (all organic):

- 1 tbsp tahini
- 1/2 cup tomato, chopped
- 1/2 cup cucumber, chopped
- 1/2 cup green pepper, chopped
- 1/2 avocado
- Handful fresh cilantro leaves
- Handful fresh parsley leaves
- Handful fresh baby green and red romaine lettuce
- 2 tbsp hemp hearts
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp flax seed, ground
- Juice of one lemon
- Fresh garlic, one clove smashed and chopped
- 1/4 tsp camu camu
- 1/4-1/2 tsp cayenne pepper (start with a little bit and increase to your desired preference)
- Filtered water
- Garnished with chopped almonds and cilantro leaf