

Graeme Pallister's Favourite Recipes for Smoothies & Juices

Portioning for 20+ plus tasters

1. TO-FEEL-A

Spiced apple and ginger shot

- 3 apples halved
- 5cm square of ginger
- 2 lemons quartered

- Anti-inflammatory
- Anti-oxidant
- Lowers blood sugar
- Lowers bodily pain signals
- Boosts immune system
- Heavily alkaline

2. SUMMER SUNSHINE

- 1 watermelon peeled
- 1" ginger
- 2/3 pineapple

- Positive gut enzymes
- Fight against cancer and inflammation
- Rehydrate

3. GYM JUICE

A simple 2 ingredients instead of water in gym

- 6 stalks celery
- 4 pears

- Electrolytes boost: sodium and potassium
- Relieves anxiety
- Improves muscle strength
- Aides nervous system
- Maintains fluid levels throughout body



4. THE HULK

- 6 celery stalks
- 1" ginger
- 2 cucumber
- 1 lemon
- 16 kale
- 4 apples

Not the friendliest tasting but the best for you!

- Better boost than coffee if you're ditching caffeine
- Vitamin b loaded
- Multi vitamin
- Anti-inflammatory
- Liver function aiding
- Immune system boost
- Nervous system regulator
- Essential minerals



5. JASON VALES BERRY BANANA CRUNCH

- 4 apples juiced
- 3 handfuls frozen berries
- 4 heaped tablespoons natural yogurt
- 2 very ripe bananas
- 2 tablespoons mixed seeds (chia, sesame, pumpkin, sunflower)
- ice

- Pro-gut bacteria
- Omega 3
- Anti-oxidant
- Fibre boost
- Essential minerals

