

Mad Food Science: Green Smoothie



From Yuk to Yum! This is the recipe I use in The Mad Food Science Program to get children to taste with their tongue not their eyes. Once you overcome the objection to greens with this smoothie, start adding more greens to their lunchbox and dinner plate too.

Green Smoothies are nutritious and a great way to get more greens into your family's diet. They are an excellent source of non-dairy calcium, magnesium and also vitamin C. Adding greens to a smoothie introduces Chlorophyll into your system quickly. Chlorophyll is known as "plant blood" and is very closely aligned with human blood. Chlorophyll acts as a blood cleanser and detoxifier. It helps: fight infection, improves skin, improves energy levels and is anti-inflammatory.

INGREDIENTS (FOR 1 LITRE)

- 3 frozen bananas
- 4-5 strawberries (fresh or frozen)
- 1 handful of baby spinach
- 800 ml filtered water

DIRECTIONS

- Throw everything into a blender for about 1 minute. Should be smooth and creamy.

HELPFUL TIPS

- If your blender isn't strong, you may want to blend just the banana's first
- If this recipe tastes too green for you, add more frozen berries to the mix.
- As your family's tastes change, experiment by changing /adding the type and amount of greens. Be patient - add them one at a time and adjust for your taste.
- Buy organic produce if you can. If not, wash your greens properly, especially because spinach as it's one of the most sprayed plants.



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