

Banana-Mango Shake

INGREDIENTS:

- ½ banana
- 1 cup mango, peeled, pitted and chopped
- ½ cup plain yogurt
- 1 cup of ice cubes
- Non-acidic juice (e.g. apple) or milk as needed



DIRECTIONS:

Place all ingredients in a blender and puree until smooth. Add juice or milk gradually until shake is desired consistency/thickness.

*Remember; do not use straws to drink after an extraction!

Coffee Granita

INGREDIENTS:

- Espresso, pre-brewed and cooled (sweetened if desired)

DIRECTIONS:

Use a 9x13 inch metal or glass pan. Pour espresso into the pan and freeze for 20 minutes. Use a whisk to rake the frozen edges toward the center and place in freezer again. Repeat raking into center and freezing every 20 minutes until frozen through, about five hours. Cover and keep frozen. Use a fork to stir the granite again just before serving, and mold with an ice-cream scoop.



*Remember; do not use straws to drink after an extraction!

Chocolate **Banana** Smoothie

INGREDIENTS:

- 1 tsp. Cocoa powder
- ½ ripe banana
- ½ cup plain yogurt
- 1 tsp. of sugar, or 1 packet of sweetener
- ½ cup water
- 1-2 large ice cubes
- 1 tsp. flaxseed oil (if available)
- 1 scoop whey protein powder (optional)



DIRECTIONS:

Combine all ingredients in a blender and blend at high speed for 30 seconds. Add 1 or 2 large ice cubes and blend for another 30 seconds, or until smooth. Enjoy.

*Remember; do not use straws to drink after an extraction!

Strawberry-Blueberry Smoothie

INGREDIENTS:

- ½ cup strawberries
- ½ cup blueberries
- ¾ cup apple juice
- ½ cup ice
- 1 scoop of plain low-fat yogurt (optional)

DIRECTIONS:

Blend together the strawberries and blueberries with a splash of apple juice until liquefied. Then add in the remainder of the apple juice, ice, and optional plain low-fat yogurt, blending until nice and smooth.

*Remember; do not use straws to drink after an extraction!

