

GREENS FOR ALL

SERVES 2
or 1 large serving

—
NUT-FREE

—
** If your pineapple isn't that sweet and juicy, you can always use more or add half a ripe banana.*

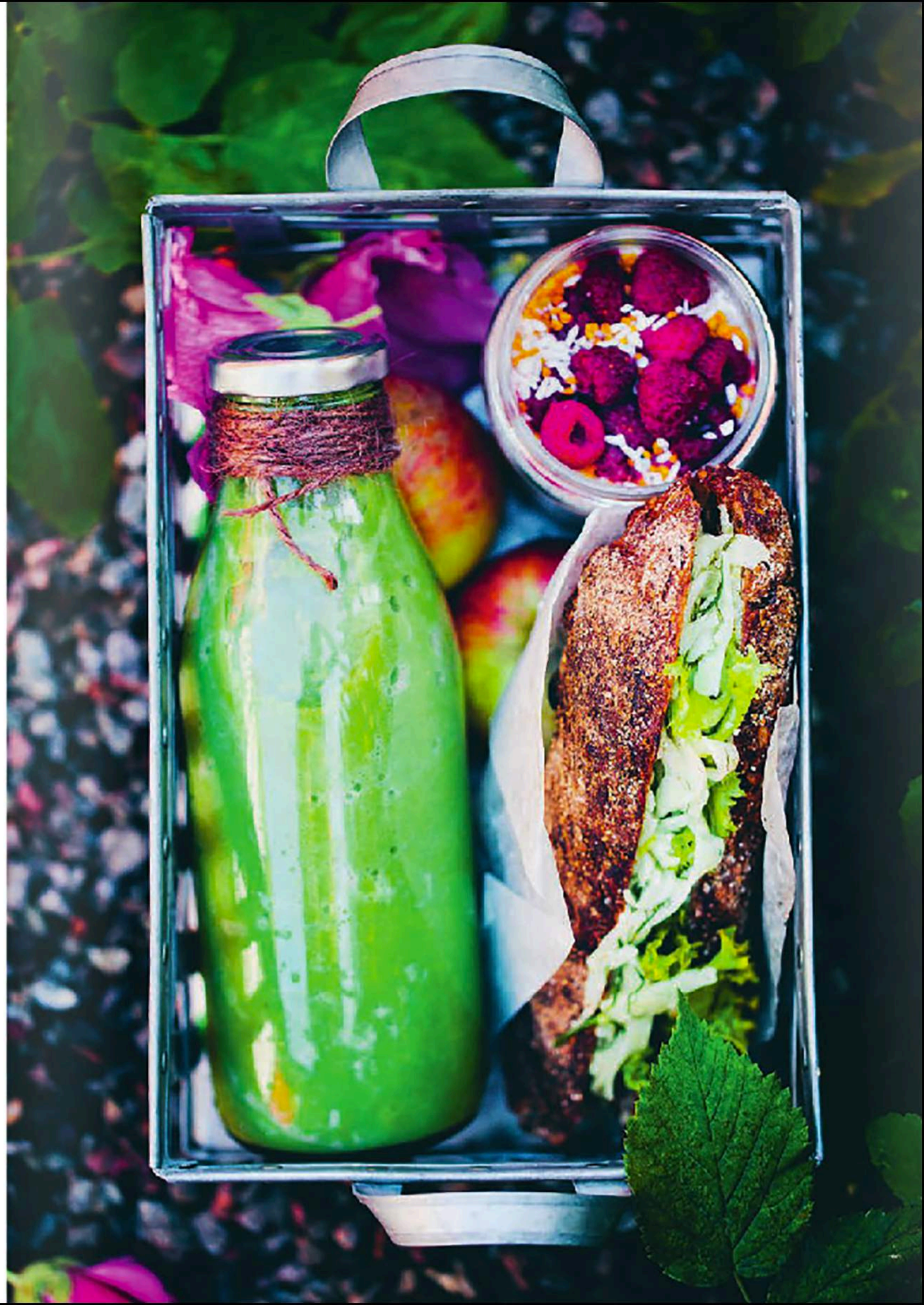
This is one of our absolute favourite green smoothies and yet it's so quick and easy to make, with only a few ingredients. The sweet and juicy pineapple balances the grassy flavour of the spinach perfectly, while the ginger provides a spicy punch. When you get equally obsessed with this combo as us, we can also recommend making Pineapple Greens (page 123) in the Juices chapter.

—
150 g (5 oz/1 cup) ripe pineapple, peeled*
60 g (2 oz/1 cup) frozen spinach (organic if possible)
½ ripe avocado
juice of ½ lime
½–1 teaspoon fresh ginger, grated (or ¼–½ teaspoon ground ginger)
250 ml (8½ fl oz/1 cup) rice milk (or coconut water)

—
Roughly chop the pineapple and add it to a blender along with the rest of the ingredients.

Blend on a high speed until completely smooth. Taste and adjust the spiciness to your liking by adding more ginger if necessary.

Pour into two medium-sized glasses and serve or store in a large airtight glass bottle to take on a picnic (as featured in the photo).



AÇAÍ BOWL EXTRA EVERYTHING!

SERVES 2
or 1 large serving

Açaí, the Amazonian superberries, have to be frozen or freeze-dried immediately after picking to maintain their potency. We always try to encourage choosing locally grown ingredients but we just couldn't write a book about smoothies and not include one açaí recipe. If you try it you'll understand why! The earthy flavours taste so good when mixed with strawberries, sweet banana and honey. Don't be shy with the toppings here. We add heaps of fresh fruit for sweetness, granola for crunch, nut butter for richness and edible flowers to pretend that we are in Brazil when eating this delectable delight!

** Frozen açaí pulp is usually sold in large packs that can be hard for the blender to crush. If that is the case, you can just crush the frozen pulp with the back of a knife before adding it to the blender.*

1 pack (100 g/3½ oz) frozen açaí pulp* (or 2 tablespoons freeze-dried açaí powder plus 100 g/4 oz/¾ cup frozen blueberries)

150 g (5 oz/1 cup) frozen strawberries (organic if possible)

1 frozen banana (page 22)

2 tablespoons quality raw honey

125 ml (4 fl oz/½ cup) oat or almond milk

FOR THE TOPPING

fresh fruit (a mix of thinly sliced red apple and green kiwi fruit, chopped figs, berries and passion fruit pulp)

Coconut & Buckwheat granola (page 29)

desiccated coconut

Nut Butter (page 26)

edible flowers, optional

Put all of the ingredients for the açaí bowl in a blender and blend on a high speed until completely smooth.

Pour into two small bowls or a medium-sized one, top with fresh fruit and finish with a sprinkling of granola and coconut, a dollop of the butter and a few edible flowers and serve.

NOTE: The photo features a double recipe.





TRIPLE CHOCOLATE MINT BOWL

SERVES 2
or 4 small servings

Placing this recipe in the Desserts chapter of the book felt like the right thing to do after we threw those dark chocolate squares on top! But if you take a peek at the ingredients, you'll find that it's actually quite a healthy snack. There's even a whole avocado in it, although completely disguised by the dark chocolate and fresh mint flavours. This one is quite rich so you can keep the portion sizes small. And you can obviously just replace the chocolate granola with any granola that you have at home, for an even quicker recipe.

* For a healthier option, try adding a couple of tablespoons of cacao nibs to the granola topping (at the same time as the oats and quinoa) as opposed to adding the chocolate squares.

FOR THE CHOCOLATE & QUINOA GRANOLA*

1 tablespoon cold-pressed coconut oil
1 tablespoon pure maple syrup
1 tablespoon cacao powder
30 g (1 oz/¼ cup) rolled oats (choose certified gluten-free if allergic)
15 g (½ oz/¼ cup) puffed quinoa (or raw rinsed quinoa, for a crunchier texture)

30 g (1 oz/¼ cup) whole hazelnuts

FOR THE CHOCOLATE SMOOTHIE

1 ripe avocado, stone removed
2 frozen bananas (page 22)
4 tablespoons cacao powder
2 tablespoons hazelnut butter (or any other Nut Butter, page 26)
250 ml (8½ fl oz/1 cup) soya milk (or almond milk)
2–4 drops peppermint oil or 4–8 fresh peppermint leaves

TO SERVE

quality dark chocolate (at least 70% cocoa) or raw vegan refined sugar-free chocolate squares
whole hazelnuts

NOTE: The photo features a double recipe.

continued overleaf