

www.fight-parkinsons.org

Shakes, Smoothies & Juices Recipes



Contents

Shakes

1. Strawberry Shake
2. Raspberry Shake
3. Blueberry Shake
4. Pineapple and Strawberry Shake
5. Mango and Pineapple Shake
6. Kale, Mango and Banana Shake
7. Kale, Blueberry and Banana Shake
8. Kale, Apple, Mint and Lime Juice

Strawberry Shake



Ingredients

1 x banana

150g greek live bio yoghurt

150g strawberries

¼ x pineapple

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of strawberry fruit that you have kept to one side.

This quantity should make enough for two shakes.

Raspberry Shake

Ingredients

1 x banana

150g greek live bio yoghurt

150g raspberries

(Optional Extra - ½ scoop of whey
protein
isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two shakes.



Blueberry Shake



Ingredients

1 x banana

150g greek live bio yoghurt

200g Blueberries

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two shakes.

Pineapple & Strawberry Shake



Ingredients

1 x banana

200g pineapple chunks

150g greek live bio yoghurt

150g strawberries

¼ x pineapple

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two or more shakes.

Mango & Pineapple Shake



Ingredients

1 x banana

150g greek live bio yoghurt

150g Mango in chunks

¼ x pineapple

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two or more shakes.

Kale, Mango & Banana Shake



Ingredients

1 x banana

1 cup washed chopped kale

150g greek live bio yoghurt

150g Mango in chunks

¼ x pineapple

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two or more shakes.

Kale, Blueberry & Banana Shake



Ingredients

1 x banana

1 cup washed chopped kale

150g greek live bio yoghurt

300g Blueberrys

¼ x pineapple

(Optional Extra - ½ scoop of whey protein isolate powder)

Method

Put all the ingredients into the blender and whizz for 2 minutes. Pour into a tall glass and garnish with a piece of fruit that you have kept to one side.

This quantity should make enough for two or more shakes.

Kale, Apple, Mint & Lime Juice



Ingredients

- 4 large dessert apples
- 1 cup washed chopped kale
- 1 sprig of fresh mint
- Quarter of a fresh lime

Method

Put the chopped apples, lime kale and mint in the juicer.- collect the juice in a jug. Pour into a tall glass and garnish with a piece of mint that you have kept to one side.

This quantity should make enough for two or more juices.