

I HATE COUNTING CALORIES!

Smoothies, Fruit Juices and other drinks!

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ONLINE EBOOKS

Introduction

I Hate Counting Calories! I know this is a strange title for a recipe book, but the words in this title are the reason that I have all these recipes. Years ago, I joined the millions of health-conscious individuals who had already discovered the tasty, nutritional, revitalizing goodness of freshly made juices and smoothies. Drinking your breakfast and/or lunch has become a fashionable thing to do and it's an easy way to lose unwanted pounds without counting calories!

Freshly made juices and smoothies are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live.

Blending fruits and vegetables releases many of the vital nutrients TRAPPED in the fiber maximizing their nutrient availability to the body with less stress on the digestive system.

These nutritious drink recipes are delicious and will quench your thirst and satisfy your appetite!

Enjoy the recipes!

In Health,

Lucie Brisson

HOW TO MAKE HOMEMADE FRUIT AND VEGETABLE JUICES



1. You'll need an inexpensive juice machine.
2. All fruits and vegetables should be juiced raw.
3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.
4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.
5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.
6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a sour odor and tiny gnats and fruit flies may appear after 8 to 10 hours.
7. It is best to drink freshly made juices within one day.



FRUIT JUICE RECIPES



All the fruit juice recipes serve one. You can double or triple the recipes to serve more people.

Apple~Cherry Juice



2 apples, cored and sliced
1/2 cup cherries, fresh or frozen, thawed, pitted

Process the fruit in a juicer and serve.



Grape~Apple Juice



2 apples, cored and sliced
handful of grapes

Remove the grapes from the stem.
Process the fruit in a juicer and serve.



Grape~Apple~Cranberry Juice



2 apples, cored and sliced
handful of grapes
1/4 cup cranberries, fresh or thawed from frozen

Process the fruit in a juicer and serve.

Kiwi~Grape~Orange Juice



3 ripe kiwis, peeled
1 orange, peeled and sectioned
handful of grapes

Remove the grapes from the stem.
Process the fruit in a juicer and serve.



Sparkling Watermelon Juice

2 cups watermelon, cubed
1 tbsp. fresh lemon juice
3/4 cup sparkling mineral water, chilled

Process the watermelon in a juicer. Pour in a tall glass and add the chilled sparkling mineral water. Serve immediately.



Watermelon~Peach Juice



1 cup watermelon, cubed
2 peaches, peeled, seeds removed

Process the fruit in a juicer and serve.

Pineapple~Grapefruit Juice



1 cup fresh pineapple, cubed, skin removed
1/2 pink grapefruit, peeled and sectioned

Process the fruit in a juicer and serve.



Apple~Pineapple Ginger Juice



1 cup fresh pineapple, cubed, skin removed
1 apple, cored and sliced
1/2 inch fresh ginger

Juice the apple and ginger together,
then juice the pineapple and serve.



Blueberry~Grape Juice



1 cup blueberries, fresh or thawed from frozen
handful of grapes

Process the fruit in a juicer and serve.

Lemon~Lime Ginger Ale



1 apple, cored and sliced
½ inch fresh ginger (less if you find the taste too strong)
handful of grapes
1/4 lemon
1/2 lime
sparkling mineral water

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.



Fruit Punch



1 apple, cored and sliced
6 strawberries, fresh or thawed from frozen
1/2 orange, peeled and sectioned

Process the fruit in a juicer and serve.



Sparkling Tropical Juice



1/2 mango, peeled and sliced
1 orange, peeled and sectioned

1 kiwi, peeled
sparkling mineral water

Process the fruit in a juicer. Pour the juice in a large glass and fill to the top with sparkling water and serve.



Apple~Kiwi Juice



2 apples, cored and sliced
3 kiwis, peeled

Process the fruit in a juicer and serve.



Pineapple~Orange~Strawberry Cocktail



1 cup fresh pineapple, cubed, skin removed
1 orange, peeled and sectioned
5 strawberries

Process the fruit in a juicer and serve.

Pink Grapefruit~Orange Juice



1/2 pink grapefruit, peeled and sectioned
1 orange, peeled and sectioned

Process the fruit in a juicer and serve.



Lime~Lemonade



1 lemon, peeled and sectioned
2 limes, peeled and sectioned
1 1/2 cups water (more or less depending on the tartness of the fruit)
maple syrup to taste

Process the fruit in a juicer. Add the water and maple syrup to the juice and mix. Chill and serve with ice.



Ginger Lemonade



1 lemon, peeled and sectioned
1 cup water (more or less depending on the tartness of the fruit)

1/4 inch ginger, peeled
maple syrup to taste

Process the lemon and ginger in a juicer. Add the water and maple syrup to the juice and mix. Chill and serve with ice.



Pink Lemonade



1 lemon, peeled and sectioned
1 cup water (more or less depending on the tartness of the fruit)
1/2 pink grapefruit, peeled and sectioned
maple syrup to taste

Process the ingredients in a juicer. Add the water and maple syrup to the juice and mix. Chill and serve with ice.



Cranberry Lemonade



1 lemon, peeled and sectioned
1 cup water (more or less depending on the tartness of the fruit)
1/4 cup cranberries, fresh or thawed from frozen
maple syrup, to taste

Process the ingredients in a juicer. Add the water and maple syrup to the juice and mix. Chill and serve with ice.

Banana~Strawberry Drink



- 1 cup strawberries, fresh or thawed from frozen
- 1 apple, cored and sliced
- 1/2 banana, peeled

Process the strawberries and apple in a juicer. Pour the juice in a blender and add the banana. Blend until very smooth. Serve.



Berry Juice



- 1 cup blueberries, fresh or thawed from frozen
- 1/2 cup raspberries, fresh or thawed from frozen
- 1 apple, cored and sliced

Process the fruit in a juicer and serve.



Tropical Pineapple Juice



- 1/2 papaya, peeled and seeded
- 1 cup pineapple, rind removed

Process the fruit in a juicer and serve.

Fruit Nectar



1 orange, peeled and sectioned
1/2 cup raspberries, fresh or thawed from frozen
1 nectarine, pitted and sliced

Process the fruit in a juicer and serve.



Blueberry~Apple Juice



1/2 cup blueberries, fresh or thawed from frozen
2 apricots, seeds removed
1 apple, cored and sliced

Process the fruit in a juicer and serve.



Blueberry~Cherry Juice



3/4 cup blueberries
handful of cherries, pitted
1 apple, cored and sliced

Process the fruit in a juicer and serve.

Watermelon~Berry Juice



1/2 cup watermelon, rind removed
1 cup cantaloupe, rind removed
4 large strawberries

Process the fruit in a juicer and serve.



Raspberry~Orange Juice



3/4 cup raspberries, fresh or thawed from frozen
1 orange, peeled and sectioned

Process the fruit in a juicer and serve.

Apple~Grape Cocktail



1 apple, cored and sliced
2 handfuls of grapes
1/4 cup cranberries, fresh or thawed from frozen
1 wedge lemon, peeled

Process the fruit in a juicer and serve.

Passion Drink



6 strawberries, fresh or thawed from frozen
1 cup fresh pineapple, cubed, skin removed
large handful of grapes

Process the fruit in a juicer and serve.

Cantaloupe~Strawberry Juice



1 1/2 cups cantaloupe, peeled
6 strawberries, fresh or thawed from frozen

Process the fruit in a juicer and serve.

Fruit Juice



4 strawberries, fresh or thawed from frozen
1/4 cup pineapple, peeled
1 orange, peeled and sectioned
1/2 apple, cored and sliced
small handful of grapes

Process the fruit in a juicer and serve.



Pear~Apple Juice



2 pears, cored and sliced
1 apple, cored and sliced
handful of grapes

Process the fruit in a juicer and serve.



Cantaloupe~Pineapple Juice



2 cups cantaloupe, peeled and cubed
2 tbsp. frozen pineapple concentrate, thawed

Process the cantaloupe in a juicer. Mix the pineapple concentrate into cantaloupe juice. Serve.

Watermelon~Black Grape Juice



2 cups watermelon, cubed
large handful of black grapes

Process the fruit in a juicer and serve.



Apple~Strawberry Juice

2 apples, cored and sliced
1/2 cup strawberries, fresh or thawed from frozen
1 tsp. lemon juice
1 tsp. maple syrup

Process through a juicer and serve.



Peach~Pear~Apple Juice



2 peaches, remove seeds
1 pear, sliced
1 apple, cored and sliced

Process through a juicer and serve.

Gingered Apple Cidar

3 apples, cored and sliced
1 inch piece ginger

Process through a juicer and serve.



Gingered Cantaloupe Juice



2 cups cantaloupe, peeled
1 inch piece ginger

Process through a juicer and serve.



Mango~Orange~Papaya~Apple Juice



1/2 mango, peeled, seed removed
1/2 orange, peeled and sectioned
1/2 papaya, peeled, seeds removed
1/2 apple, cored and sliced

Process through a juicer and serve.

Watermelon~Apple Juice

1 1/2 cup watermelon, in chunks
1 apple, cored and sliced

Process through a juicer and serve.



HEALTHY SHAKE & SMOOTHIE RECIPES



All the recipes serve one. You can double or triple
the recipes to serve more people.

5 STEPS TO MAKING THE PERFECT SMOOTHIE



1. Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.
2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.
3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.
4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth instead of gravelly. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water so that the shake will have a milkshake consistency.
5. If the shake/smoothie is too thin, add more fruit or ice. If it's too thick, add more liquid.

SMOOTHIE AND SHAKE TIPS



- A smoothie is basically a blended fruit drink. The best-tasting smoothies are made from fruit that is fresh or frozen, and not canned.
- All smoothies begin with a liquid base. This can be orange juice, milk or another liquid.
- You can make a frostier drink by freezing fresh fruit before making a smoothie.
- Smoothies are best when they're fresh out of the blender, but they can be frozen the night before, as well – just remove the smoothie from the freezer about an hour before drinking.
- You can replace a meal with a smoothie or shake by adding a scoop of high-quality protein powder and a tbsp. of high-quality olive or flax oil.

Mango Milk Shake

2 mangoes, seeds removed and peeled
1/4 cup maple syrup (or to taste)
1/2 cup ice
1 1/2 cups milk, (soya or rice milk can be used)

Combine the mango with the milk, ice and sugar in a blender. Puree until smooth. If the mixture is too thick, add additional milk. Serve immediately.



Apricot~Pineapple~Strawberry Shake



1/4 cup crushed pineapple, canned or fresh
1 fresh apricot, diced, seed removed
6 strawberries, frozen
1/2 banana, cut in chunks, frozen
1 1/2 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.



Banana~Strawberry Shake



1 banana, cut in chunks, frozen
6 strawberries, frozen
1 1/4 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.

Tropical Shake

1/2 mango, peeled, seed removed
2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)
1/2 banana, cut in chunks, frozen
4 strawberries, frozen
6 ice cubes
1 1/4 cup water
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



Banana~Berry Shake

1/2 banana, cut in chunks, frozen
1/2 pear, cored and sliced
1/4 cup frozen blueberries
1 1/4 cup water
1 tbsp. skim milk powder
1/8 tsp. cinnamon
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



Banana~Orange~Strawberry Shake

1/2 banana, cut in chunks, frozen
6 strawberries, frozen
1/2 cup orange juice
1/2 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.



Papaya~Banana~Pineapple Shake



1/2 papaya, seeded and diced, frozen
1/8 cup crushed pineapple, fresh or canned
1 banana, cut in chunks, frozen
1 1/4 cup water
1 tbsp. skim milk powder
1 tbsp. high quality whey protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.



Mango~Strawberry Shake



1/2 mango, peeled, seed removed, frozen in chunks
6 strawberries, frozen
1 cup water
1/8 tsp. natural coconut extract
1 tbsp. skim milk powder
1 heaping tbsp. high quality protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.

Thick Peach Shake



2 peaches, peeled, seeds removed, sliced
1/2 cup skim milk
2 drops natural almond flavoring
4 ice cubes

In a blender, process all the ingredients until thoroughly blended and serve.



Mixed Fruit Smoothie



6 strawberries, frozen
1/4 cup blueberries, frozen
1/2 banana, cut in chunks, frozen
1 cup apple juice
1/4 cup plain yogurt (preferably with live bacteria culture)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.



Tropical Smoothie



1/2 papaya, peeled, seeds removed, frozen in chunks
1/2 mango, peeled, seed removed, frozen in chunks
1/2 cup orange juice
1/2 cup low-fat banana yogurt, frozen

4 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange juice for a thinner consistency.



Pina~Colada Smoothie



1/4 cup crushed pineapple
1/4 cup low-fat banana yogurt, frozen
1/4 tsp. natural coconut flavoring
1 tbsp. orange juice concentrate
1/4 cup water
8 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more water for a thinner consistency.



Blueberry Smoothie



1/4 cup low-fat blueberry yogurt, frozen
3/4 cup blueberries, frozen
3/4 cup milk, (soya or rice milk can be used)
3 ice cubes (optional)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.

Mixed Berry Smoothie



1/4 cup blueberries, frozen
4 strawberries, frozen
1/4 cup raspberries, frozen
1/2 cup raspberry low-fat yogurt
1/2 cup orange juice
6 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange for a thinner consistency.



Fruit Punch Smoothie



1/2 cup strawberries, frozen
2 peeled kiwi
1/2 banana, cut in chunks, frozen
3/4 cup pineapple juice
1/2 cup strawberry low fat yogurt, frozen

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more pineapple juice for a thinner



Cantaloupe Smoothie



1/2 banana, cut in chunks, frozen
1 cup cantaloupe, cut in chunks, fresh or frozen

1/4 cup low-fat vanilla yogurt
1/2 cup orange juice

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange juice for a thinner consistency.



Fruity Smoothie



1 banana, cut in chunks, frozen
1 peach, peeled, frozen
4 strawberries, frozen
1/4 cup blueberries, frozen
1 1/2 cups orange juice
6 ice cubes
dash of nutmeg (optional)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange juice for a thinner consistency.



Frosty Peach Smoothie



3 peaches, peeled, sliced, frozen
1/4 cup low-fat peach yogurt, frozen
1/2 banana, cut in chunks, frozen
1 cup orange juice

2 tbsp. toasted wheat germ (optional)
6 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange juice for a thinner consistency.



Cran~Raspberry Smoothie



1 cup raspberries, frozen
1/2 cup cran-raspberry juice
1/4 cup low-fat vanilla yogurt, frozen
4 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



Kiwi~Lemon~Lime Smoothie



2 kiwi fruit
1 banana, cut in chunks, frozen
1/4 cup low fat lemon yogurt, frozen
1 teaspoon lime juice
1/2 cup milk (soya or rice milk can be used)
4 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more milk for a thinner consistency.

Orange~Avocado Smoothie



1 orange
3 dates, chopped
1/2 cup water
1/4 avocado, peeled, seed removed
1 banana, cut in chunks, frozen
6 ice cubes

Simmer the dates in the water for approx. 10 min. Chill.

Place the orange sections, date mixture, avocado and the banana in a blender and thoroughly blended. Serve.



Orange Fruity Smoothie



1/2 cup raspberries, frozen
1 peach, peeled, pitted, cut in chunks, and frozen
1 banana, cut in chunks, frozen
1 cup freshly squeezed orange juice
6 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more orange juice for a thinner consistency.

Orange~Pineapple~Coconut Smoothie



1 banana, cut in chunks, frozen
1/4 cup orange juice
1/4 cup pineapple juice
1/4 tsp. natural coconut extract
6 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



Blueberry~Pineapple Smoothie



1 cup blueberries, frozen
1/4 cup crushed pineapple, fresh or canned
1/4 cup low-fat vanilla yogurt, frozen
1/2 cup orange juice
1/2 cup pineapple juice

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.

Banana~Strawberry~Grapefruit Smoothie

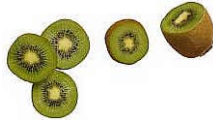


1 banana, cut in chunks, frozen
8 strawberries, frozen
1 cup grapefruit juice
1 tbsp. lemon juice
5 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



Kiwi~Banana Smoothie



1 banana, cut in chunks, frozen
2 kiwis, peeled
1/2 cup milk (soya or rice milk can be used)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more milk for a thinner consistency.

Cran~Strawberry Smoothie



1 cup strawberries, frozen
1 banana, cut in chunks, frozen
1 cup cranberry juice
5 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



Orange~Apple Smoothie



1 banana, cut in chunks, frozen
1 apple, peeled and sliced
1/4 cup orange juice
1/4 cup milk (soya or rice milk can be used)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



Raspberry~Chocolate Smoothie



1 cup raspberries, frozen

5 strawberries, frozen
3/4 cup milk, (soya or rice milk can be used)
3 tbsp. cocoa powder
3 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more milk for a thinner consistency.



Nectarine~Banana Smoothie 🍌

2 sliced nectarines, peeled, stones removed, frozen
1 banana, cut in chunks, frozen
1/2 cup low-fat vanilla yogurt
1/2 cup milk, (soya or rice milk can be used)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more milk for a thinner consistency.



Berry Berry Smoothie



1/2 cup blackberries, frozen
1/2 cup strawberries, frozen
1/2 cup raspberries, frozen
1/4 cup low-fat raspberry yogurt, frozen
1 cup apple juice
1 tsp. lemon juice
6 ice cubes

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.

Apricot~Honeydew~Mango Smoothie



1/2 cup honeydew melon, frozen
1/2 banana, cut in chunks, frozen
1/4 sliced mango, peeled, seed removed
3 apricots, peeled, seeds removed
1/4 cup low-fat peach yogurt
1/4 cup apple juice

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve. Add more juice for a thinner consistency.



VEGETABLE JUICE RECIPES



All the recipes serve one. You can double or triple the recipes to serve more people.

If you don't like the taste of freshly made vegetable juice, the addition of lemon juice to the recipe will remove the 'earthy' flavor.

Cucumber~Celery Cooler

4 medium carrots, greens removed
1 apple, sliced
1 stalk celery
1/4 medium cucumber, peeled
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Garden Salad



3 medium carrots, greens removed
1 apple
1/2 green pepper, sweet
4 leaves romaine lettuce
1 tomato
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Calcium Drink

3 medium carrots, greens removed
1 apple
1/2 cup fresh broccoli pieces
small handful fresh parsley
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.

Sweet Potato Carrot Juice



- 1 small sweet potato
- 2 medium carrots, greens removed
- 1 apple
- 1 celery stalk
- 1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Potassium Drink



- 4 medium carrots, greens removed
- 1 apple
- handful of fresh spinach
- handful of fresh parsley
- 1 stalk of celery
- 1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Liver Cleanser



- 4 medium carrots, greens removed
- 1 medium beet
- 1 small apple, cored
- 2 beet green leaves (optional)

1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Homemade V8 Juice



2 carrots, greens removed
1 apple, cored
1 stalk celery
2 medium tomatoes
1 small beet
small handful parsley
small handful spinach
1 large romaine lettuce leaf
1 T. onion, chopped
1 clove fresh garlic
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Vegetable Detox Juice

3 medium carrots, greens removed
1 apple, cored
1 medium beet
large handful of fresh spinach
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.

Virgin Mary

2 tomatoes
3 medium carrots, greens removed
1 stalk celery
1/2 cucumber
1/2 medium beet
1/2 lemon, peeled (optional)

Process the ingredients in a juicer and serve.



Cucumber~Pineapple Juice

1/2 cucumber
1 cup fresh pineapple, cubed, skin removed
1 apple

Process the fruit in a juicer and serve.



GAZPACHO RECIPES



Gazpacho is a veritable garden of uncooked summer vegetables suspended in a savory broth of tomatoes and sometimes stock. It is a mix between a salad and a soup. Gazpacho is remarkably cooling and very versatile. You can pack it in a thermos for lunch, or you can serve it as part of an elegant dinner.

The ancestors of this soup can be found in Andalusia, where fragments of bread and other leftover ingredients were combined with vinegar, water, oil, garlic, and other seasonings and served at room temperature.

Fresh Gazpacho



(serves 2)

- 1 tomato, chopped
- 2 cups tomato juice, preferably freshly juiced (V8 juice can be used)
- 1/4 green bell pepper, chopped
- 1/2 small cucumber, peeled and chopped
- 2 tsp. onion, minced
- 1 tbsp. fresh parsley leaves, minced
- 1 tbsp. fresh basil leaves, minced
- 1 small garlic clove, minced
- 2 tsp. red wine vinegar
- 1 tbsp. lime juice
- 1 tsp. maple syrup
- sea salt to taste
- dash of hot pepper sauce (optional)

Blend all the ingredients in a blender until smooth. Work in batches, if necessary. Serve immediately.



Green Gazpacho Soup

(4 servings)



- 2 cups homemade chicken broth
- 1/2 large green bell pepper, chopped
- 1 large cucumber, peeled and chopped
- 5 leaves of romaine lettuce, chopped
- 1/4 cup fresh cilantro, chopped
- 3 green onions, chopped
- 1 tbsp. cold-pressed olive oil
- 2 tbsp. red wine vinegar
- 1 large clove garlic, chopped
- 2 tsp. maple syrup
- sea salt to taste

light sour cream

Place ingredients in a food processor and puree, working in batches, if necessary. Chill before serving.

To serve: Ladle soup in a bowl and add a dollop of sour cream in the middle.



Corn Gazpacho Soup

(2 servings)



- 1 (approx.) cup tomato juice, preferably freshly juiced
- 2 tsp. cold-pressed olive oil
- 1/2 cup raw or cooked corn kernels
- 1 tbsp. chopped red onion
- 1 small tomato, diced
- 1/4 cup red bell pepper, diced
- 1/4 cup cucumber, diced
- 1 clove garlic, finely chopped
- 1 teaspoon lemon juice
- 1/2 tsp. Worcestershire sauce
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. fresh basil, chopped
- 1 tsp. maple syrup
- sea salt and pepper to taste

In a blender, combine tomato juice, onion, bell pepper, tomato, cucumber, garlic, parsley, basil and maple syrup. Blend on high until pureed. Pour the contents of the blender into a glass bowl and stir in the remaining ingredients. Cover tightly and chill at least 3 hours. Serve chilled.

Simple Gazpacho

(2 servings)

1/4 cup green bell pepper, diced
1/4 cup cucumber, peeled, diced
4 tomatoes, chopped
2 tsp of olive oil
1 small clove garlic
1 tbsp. fresh basil, chopped fine
1 tsp. maple syrup
sea salt and pepper to taste
dash of hot pepper sauce (optional)

Stir all the ingredients until you have soup. Chill and serve.



Summer Soup

(2 servings)



2 cups tomato juice, preferably freshly juiced
1 cup tomatoes, chopped
1/4 cup green bell pepper chopped
1/4 cup cucumber, diced
1 green onion, finely chopped
1 tsp. lime juice
1 tsp. balsamic vinegar
1 tsp. maple syrup
1 small clove garlic minced
1/4 tsp. tarragon
1 tbsp. fresh basil, chopped
1/2 tsp. ground cumin
1 tbsp. cold-pressed olive oil
sea salt and pepper to taste
dash of hot pepper sauce (optional)

Combine all the ingredients in a large bowl and puree in a blender or food processor. Chill and serve.

Chunky Garden Gazpacho

(2 servings)



- 2 tomatoes, chopped
- 1/2 cup cucumber, chopped
- 1 tbsp. red onion, finely diced
- 1/2 ripe avocado, peeled and diced
- 1/4 cup red bell pepper, finely diced
- 2 cups chicken stock
- 1 tsp. lemon juice
- 1 tsp. red wine vinegar
- 1 tbsp. fresh basil, chopped
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. fresh cilantro, chopped
- 1 clove garlic, minced
- 1 tbsp. cold-pressed olive oil
- sea salt and pepper to taste

Combine all the ingredients in a bowl. Chill and serve.



Avocado Gazpacho



(2 servings)

- 1 avocado, cut into bite size pieces
- 2 tomatoes, diced
- 1/4 cup cucumber, chopped
- 1/4 cup red bell pepper, finely diced
- 1 green onion, finely chopped
- 1 tbsp. cold-pressed olive oil
- 1 tbsp. fresh Cilantro, finely chopped
- 1 cup vegetable broth
- sea salt and pepper to taste

Combine all the ingredients in a bowl. Chill the soup and serve.

Spicy Summer Gazpacho



(2 servings)

1/4 cup red bell peppers, finely chopped
1 cup fresh tomatoes, chopped
1/4 cup celery, finely sliced
2 tbsp. onion, finely chopped
1 large clove garlic, minced
1/2 small jalapeno pepper, finely diced without seeds
1 cup V8 juice
low fat sour cream

Combine all the ingredients in a bowl. Chill the soup and serve with a dollop of sour cream in the center.



SLUSHIE RECIPES

All the recipes serve one. You can double or triple the recipes to serve more people.

Berry Sorbet

1/2 cup frozen mixed berries
1 cup ice
1/2 cup water
1 tbsp. maple syrup

Process all the ingredients in a blender until the ice has turned to slush.



Peach Slushie



1 peach, skin removed, sliced
1 cup ice
1/4 cup low fat peach yogurt

Process all the ingredients in a blender until the ice has turned to slush.



Fruit Fizz

1 cup fruit juice, fresh or from concentrate, any kind without sugar
1/2 cup ice
1/2 cup sparkling mineral water

Blend the ice with the fruit juice in a blender until the ice has turned to slush. Pour into a tall glass and add the sparkling water.

Lemon~Lime Slushie



Juice from one lemon
Juice from two limes
1 cup ice
1 cup sparkling water
2 tbsp. maple syrup (or to taste)

Blend the ice with the lemon and lime juice in a blender until the ice has turned to slush. Pour into two tall glass and add the sparkling water.



Strawberry~Blueberry Sorbet



8 strawberries, frozen
1 cup blueberries, frozen
1/2 cup strawberry low-fat yogurt
2 cups water
1 cup ice



Blend the ice with the berries and fruit sugar in a blender until the ice has turned to slush.



Cappuccino Ice



1/4 tsp. instant coffee
1/2 cup low fat cappuccino yogurt (or any coffee flavored yogurt)

1/4 cup water
1 cup ice

Blend all the ingredients in a blender until the ice has turned to slush.



Pina Colada Slush



2 cups Pina Colada bottled juice
(available at many health stores in the bottled juice section)
1 tbsp. frozen pineapple concentrate
1 tbsp. orange juice concentrate
2 cups ice

Blend all the ingredients in a blender until the ice has turned to slush.



Cranberry~Grape Fizz



1/2 cup cranberry juice (from the jar)
1 cup white grape juice (from the jar)
1 tbsp. frozen apple concentrate
1 cup ice

Blend all the ingredients in a blender until the ice has turned to slush.

Strawberry~Kiwi Ice



8 strawberries, frozen
1 kiwi, peeled
1 cup ice
1/2 cup water
2 tsp. maple syrup

Blend all the ingredients in a blender until the ice has turned to slush.



Easy Homemade Slushie

1 cup of flavored sparkling water
1/2 cup ice
3 tbsp. apple juice concentrate (or to taste)

Blend the ice with the water and apple concentrate in a blender until the ice has turned to slush. Pour into a tall glass and add the sparkling water.

Watermelon Ice



1 cup fresh watermelon juice (put through a juicer)
1 tbsp. maple syrup
2 tsp. lemon juice

Pour the watermelon juice into a shallow glass baking dish. Add the maple syrup and lemon juice and stir well. Place the dish in the freezer and chill.

Take the pan out of the freezer every 30 minutes and stir. Repeat this for about 4 hours, depending on the temperature of your freezer. Serve or store, covered, in the freezer for several weeks.



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