

Afternoon Bliss Smoothie

(serves 1)

Ingredients

1 organic apple

3 large strawberries

1 handful of grapes (red or green)

1/2 medium cup of organic apple juice

Method

Peel and chop apple into four pieces, add to blender. Next add the grapes, strawberries and apple juice and blend for approximately 40 seconds. Serve, relax and enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended amount is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple and Banana Smoothie

(serves 1)

Ingredients

1/2 cup of pure orange juice

1/4 cup low fat milk

1 whole banana, chopped into 4 pieces

1 whole apple, peeled and chopped into 4 pieces

Method

Place all ingredients in the blender, blend for approximately 20 seconds. Serve in a glass.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended amount is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple and Blueberry Smoothie

(serves 2)

Ingredients

300ml semi-skimmed milk

1/2 apple

1/4 cup of blueberries

1 cup of black grapes

3 ice cubes

Method

Chop up the apple into pieces, then place the rest of the ingredients in the blender then blend until smooth.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended amount is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple and Coconut Smoothie

(serves 2)

Ingredients

1 tablespoon of coconut milk

½ banana, chopped into cubes

¼ cup of apple juice

¼ teaspoon of fresh ginger root

2 small ice cubes or ½ cup crushed ice

Method

Add all ingredients to blender and process until smooth.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple Attack Smoothie

(serves 2)

Ingredients

2 apples

1 medium can of pineapples in juice

12 ice cubes

30mls of fresh orange juice

Method

Add all ingredients to blender and blend until smooth. Serve and enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple Berry Treat Smoothie

(serves 2)

Ingredients

2 red apples (preferably organic)

2 green apples (preferably organic)

3 tablespoons of mixed frozen berries

2 scoops of strawberry yogurt

2 ice cubes (if desired)

Method

Peel and chop the apples then add them to the blender, Next add the mixed berries and blend (for approx 20 seconds). Finally, add the yogurt (and ice cubes if desired) and blend again for approx 25 seconds.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple Frapple Smoothie

(serves 2)

Ingredients

2 sliced apples

150ml of apple juice

2 scoops of vanilla ice-cream

2 ice cubes

Method

Add all ingredients to blender and process until smooth.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Apple Heaven Smoothie

(serves 2)

Ingredients

1 apple, chopped and cored

1 banana, peeled

1 handful of blueberries

1 handful of grapes

250ml apple juice

Method

To make this apple heaven fruit smoothie recipe just add the apple and banana to the blender first, next add the blueberries and grapes and finally add the apple juice. Blend on high power for around 40 seconds or until smooth consistency. Serve at once and enjoy this fruit smoothie.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Applemania Smoothie

(serves 1)

Ingredients

2 apples

150gms fresh strawberries

Method

Peel the apples and chop into 4. Pull the green leaves off the strawberries. Place all ingredients in the blender and blend until smooth and serve in a tall glass.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Breakfast Blast Smoothie

(serves 2)

Ingredients

1 apple

1 peach

1 tablespoons oats

1 handful of fresh mint leaves

1 tablespoon of honey

few drops of vanilla (if preferred)

1 glass of milk

Method

Blend all ingredients together until you get a smooth texture, serve chilled.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Fruity Apple Smoothie

(serves 2)

Ingredients

2 sliced apples

2 ripe bananas

2 peeled kiwis

1 serving of goji berries

200ml orange or pineapple juice

2 ice cubes

Method

To make this free fruity apple smoothie recipe simply put all ingredients to blender and blend for around 1 minute or so. Serve and enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Fruity Apple Burst Smoothie

(serves 2)

Ingredients

2 sliced apples

1 banana

1/2 tub of low fat natural yoghurt

1 small cup or orange or apple juice

1 handful of mixed berries

Method

To make this free smoothie recipe, simply take out the apple cores, chop into 4 segments, then chop banana into 4 pieces. Next, add all ingredients to the blender, blend for approximately 35 seconds. Serve and Enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Fruity Heaven Smoothie

(serves 4)

Ingredients

2 chopped apples

4 chopped bananas

2 large mugs of low fat milk

1/2 tsp sugar (optional)

Method

This refreshing smoothie is perfect for breakfast. Place the chopped apples and bananas into a blender. Blend for 20 seconds. Add the milk and blend for another minute or so then serve. If it is not sweet enough try adding half a tablespoon of sugar or so then stir well or blend for 10 seconds! Serve the smoothie at once and enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Grapple Smoothie

(serves 1)

Ingredients

around 10-15 green grapes

1 green apple (chopped)

1/2 glass of pure apple juice

Method

This free smoothie recipe is simple to make. Place all ingredients in the blender, blend for approximately 1 minute. Serve immediately and enjoy it.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Papple Smoothie

(serves 2)

Ingredients

1 apple, cored, peeled and chopped

1 large pear, peeled and cored

8 good chunks of pineapple (tinned or fresh) with some juice

8 ice cubes

2 teaspoons of sugar (optional)

Method

To make this quick free smoothie recipe simply put all ingredients in to the blender and blend until smooth. Taste it when smooth, and add sugar if desired. Pour into 2 glasses and enjoy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Red Blast Smoothie

(serves 1)

Ingredients

1 apple

150gms strawberries

Method

To make this smoothie recipe just cut up the apple and the strawberries and put them in the blender. Blend until desired consistency, then pour into a glass with a strawberry on a cocktail stick for decoration.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Spiced Apple Smoothie

(serves 2)

Ingredients

1 large cup of apple juice

2 bananas (sliced)

1/2 tsp powdered cinnamon

2 tsp grated fresh root ginger

Method

To make this quick free smoothie recipe simply pour the apple juice into a blender, add the cinnamon and fresh root ginger and process gently until combined. Next add the sliced bananas and process again until smooth. Pour the smoothie mixture into tall glasses and add straws. Serve at once and enjoy!

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended about is ¼ Teaspoon. Experiment until you get the perfect combination.

Tropical Fruit Smoothie

(serves 4)

Ingredients

2 apples

6 large strawberries

1 large cup of berries
1 large cup of chopped/cubed pineapple
1 medium cup of ice (cubed or crushed)
1 medium cup of fresh orange juice
1 pot of organic natural yoghurt

Method

To make this smoothie recipe place everything in the blender and blast on highest speed. The ice makes it cold and the yoghurt adds flavor and makes it creamy.

Add the amount of LiquiSea™ Condensed Sea Minerals in to boost bio-available sea nutrition. Recommended amount is ¼ Teaspoon. Experiment until you get the perfect combination.