



in Bexley



East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130



## Seasonal 'Smoothies' Workshop



### **You will need:**

#### **Autumn Smoothie**

Blackberries, 1x cup per serving

Orange Juice, 1x cup per serving

Yogurt (plain), 1x cup per serving

Honey, 1 teaspoon

Mint to garnish



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Blender (e.g. nutribullet) + mixing vessels, glasses, and fresh produce.

**(Note: do not exceed the max line on your blender when adding ingredients)**

As autumn approaches and the blackberries appear on the brambles, it's time to take advantage of nature's medicine chest and get foraging. Our autumn smoothy is so vibrant and it tastes just gorgeous. The health benefits are favourable too as the blackberries are packed with vitamins C and K, and we all know oranges are good for us (more vitamin C), whilst the honey adds a healing touch with it's anti-septic, anti inflammatory qualities, and the yogurt is good for your calcium intake...so give it a go, its so easy to make and even easier to drink!

Directions:

Combine a cup of blackberries with a cup of cold orange juice, a cup of yogurt, and a teaspoon of honey in a blender and mix until smooth. Pour into a glass and add a sprig of mint as a garnish.

## Winter Smoothie

Pears, 2 per serving

Banana, 1 per serving

Dates, pitted 200g

Water

As winter draws near, and we retreat into our cosy corners, why not light a fig candle, and prepare a pear and date smoothy. Dates don't have to be dull at Christmas time, add a handful to this mixture and enjoy a rich, creamy, sweet treat. This smoothie is very satisfying, high in fibre, and super simple to make.

Directions:



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Rinse all the ingredients, core the pears leaving the skin on, peel the banana and check your dates are pitted already. If not, de stone them and add all your discarded stones, peel and stalks to the compost. Add all the ingredients to the blender with a cup of water.

### **Spring Smoothie**

Spinach, 3 handfuls per serving

Mint, 1 handful per serving

Basil, 1 handful per serving

Apple, 1 per serving

Cucumber, half per serving

Water

Here's a smoothy that makes the most of your perpetual spinach and herb garden. Its bursting with healing properties and should refresh you, ready for another day's planting on the plot.

Directions:

Rinse all your healing garden herbs and spinach from the garden, and prepare for a serving of healthy spring flavours. Core the apple, but leave the skin on, cut the top end off the cucumber keeping the skin also, then add all the ingredients into a blender and mix together with a cup of water.

### **Summer Smoothie**

Avocado, 1 per serving

Banana, 1 per serving

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Stawberries, 250g per serving

Water

For an extra smooth strawberry shake, try this nutritious blend of avocado, banana, and strawberries. It's simply divine, very tasty and good for you too.

Directions:

Scoop out the flesh of the avocado and peel the banana, breaking it into 3 chunks. Remove the stalks from the strawberries and add the left over avocado stone, rind, banana peel and strawberry leaves to the compost. Add a cup of water to your ingredients and blend in a blender until smooth. Add a teaspoon of honey to taste if desired.



*Spring and summer smoothies*



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Healing Health benefits (from *Healing Foods* by Neal's Yard Remedies):

**Apples** help balance blood sugar levels, tackle diarrhoea and constipation, help strengthen bones, and help lower cholesterol.

**Avocado** help keep joints supple, helps lower blood pressure, and helps improve fertility.

**Bananas** help strengthen bones, protect against ulcers, contain slow-release sugars, and lower risk of heart disease and stroke.

**Blackberries** help repair sun damaged skin, help remove toxins from the gut, help lower blood pressure and contain anti-cancer substances.

**Cucumbers** deter oestrogen-based cancers, have a diuretic action, cleanse and tone the intestine, and promote a healthy digestive tract.

**Dates** promote bowel regularity, contain slow-release sugars, help to maintain a regular heartbeat, and soothe coughs and sore throats.

**Herbs** like basil aid healthy digestions, and mint soothes upset stomachs.

**Honey** helps heal ulcers, fights respiratory infection, helps speed wound healing, and provides seasonal allergy relief

**Oranges** help prevent kidney stones, help lower cholesterol, aids healthy digestion, and help remove accumulated toxins.

**Pears** are a low allergy food, have a mild laxative action, help calm the nerves, and help keep joints supple.

**Spinach** helps strengthen bones, contains anti-cancer properties, helps fight inflammation, and helps prevent atherosclerosis.

**Strawberries** help prevent blood vessel damage, soothe the stomach, and contain anti-cancer substances.

**Yogurt** helps strengthen the immune system, assists weight management, helps lower blood pressure, soothes stomach and bowel upsets.