

## TIM'S ALKALIZING SMOOTHIES

<i>Vegetable Smoothie</i>	<i>Fruit Smoothie</i>	
<p><b>Ingredients</b></p> <p>2 cups Filtered Water            1 medium Tomato            1 small handful of Spinach            ½ Avocado            ½ Red Pepper            ½ bunch Cilantro and/or Parsley            ½ Cucumber            ½ Lemon (peeled)  <a href="#">Himalayan Rock Salt</a> to taste</p> <p><b>Optional</b></p> <p>½ sheet Seaweed            1 shot Wheatgrass            1 dash Cayenne Pepper            Ice</p>	<p><b>Ingredients</b></p> <p>½ Apple            1 small handful Grapes            ½ Banana            ½ Mango            ¼ Papaya            1 Kiwi            4 spoonfuls Watermelon            4 spoonfuls Cantaloupe            1 Passion Fruit</p> <p>1 sliced ring of Pineapple            ½ Peach            ½ Nectarine            1 handful any Berry            1 handful Cherries            1 Orange            1 Tangerine            ½ Pear</p> <p><b>Optional</b></p> <p>1 cup Filtered Water            Ice            1 dash Stevia to taste            ½ cup plain Yogurt            1 scoop Whey Protein Powder</p> <p><b>Combinations</b></p> <p><b>Citrus</b> – orange, tangerine, nectarine  <b>Tropical</b> – mango, papaya, peach, passion fruit, berries  <b>Berry Bananza</b>– berries, pineapple, banana  <b>All American</b> – apple, pear, grapes  <b>Kiwinaberry</b> - kiwi, berries, banana, orange, pineapple  <b>CherryBerry</b> – cherries, berries, grapes, banana  <b>MellowMelon</b> – melon, passion fruit, lime, yogurt  <b>Risk Taker</b> – whatever you've got around</p>	

**Instructions:** Puree all ingredients in a blender and enjoy! Start with just a little water or ice and add more for the proper consistency.

**Tips:** All ingredients and amounts are optional. Find the balance to suit your tongue and use what you have on hand. Try and use organic ingredients if possible. Fruit smoothies can last for a couple days in the refrigerator, but veggie smoothies can go bad quickly.

**Vegetable:** This is more nutritious than the fruit smoothie, you almost can't get enough of it. Preference it as a first choice. Drink as much as you'd like because the calorie count is low. Veggie smoothies are a great snack or beverage during lunch or dinner, especially when combined with a handful of nuts or seeds.

**Fruit:** Not all fruits taste good together, so follow the combinations guide. You may or may not need water or ice depending on the fruits used and the consistency you like. Don't go overboard with this smoothie, it can contain a lot of calories. Only drink 1 medium sized glass of smoothie at a time. Fruit smoothies with a scoop of whey make an excellent and tasty breakfast.