

Molkosan *supersmoothies*

Seven power drinks to
keep your digestive system
healthy and happy

- More energy
- Good for the digestion
- Packed with essential nutrients

A.Vogel

Good digestion for *good health*

Fit and energetic: that's how we feel when our digestive system is ticking along smoothly. Healthy digestion ensures that our body can absorb all of the essential nutrients from our food and convert them into energy, and the right food plays a very important role in this. There's a good reason that we say 'You are what you eat': What we put in our mouth largely determines what happens in our stomach.

An easy way to take in lots of healthy nutrients - and be kind to your tummy to boot - is a smoothie. A good smoothie is packed with important proteins, good fats, vitamins, fibres, antioxidants and minerals. It is the perfect fuel to kick start your day, keep the digestive system working well and your immune system strong and healthy. What's more they taste great, are easy to digest and super easy to make.

Seven days, seven smoothies

No two days in the week are the same, so why settle for just a bowl of cornflakes and a boring cheese sandwich every day for breakfast and lunch?! Variety is the key to taking in lots of different essential nutrients. That's why this booklet has seven different smoothies - one for each day of the week. It's a great way to start the day or as part of a light lunch. Can't wait to get started? Introduce some variety and create your own Molkosan® supersmoothies.

1. Choose your fruit and vegetables

Use at least two types of fruit and/or (leafy) vegetables, such as spinach, curly kale, celery, beetroot, avocado, blueberries, banana or kiwi.

2. Choose your smoothie base

Get the right consistency by adding water, coconut milk, almond milk or freshly squeezed fruit juice.

3. What's your flavour?

Add herbs, nuts, dried fruits and natural flavours for a surprising taste experience. Why not experiment with honey, dates, figs, walnuts, pistachio, grated coconut, vanilla, mint, ginger or coriander - experiment!

4. Give it an extra boost

Add A.Vogel Molkosan® Fruit* (with calcium) to keep your digestive system healthy and happy. Read more about Molkosan on page 11. Other power ingredients include maca powder, chia seeds, chlorella, spirulina, bee pollen, coconut oil and linseed.



Monday boost

Peel the pineapple and chop into small pieces. Peel the ginger and cut or grate into small pieces. Next, combine the pineapple and ginger with carrot juice, lemon juice, avocado, basil and Molkosan® Fruit and blend until smooth.

Ingredients

Quarter of a fresh pineapple or tinned (in juice, not in syrup, 200 g)
 250 ml carrot juice
 Juice of half a lemon
 3 cm piece of peeled ginger
 1 avocado
 Handful of fresh basil leaves
 1 tbsp Molkosan® Fruit

Traditional superfoods

Superfoods? Aren't they only available from health food shops? Not true! You can find them in the supermarket. Sure, there's a lot of talk about goji berries, but let's not forget the good old power foods either!

- **Super fruits:** blueberries, cherries, pineapple, bananas, strawberries, blackberries and pomegranate.
- **Super veg:** red onion, garlic, mushrooms, red pepper, pak choi, curly kale and spinach.

Killer Kale

Peel the pear and chop into small pieces. Place a handful of curly kale, half a banana, a few strawberries, a spoonful of yoghurt, Molkosan® Fruit and water in a blender and mix until smooth.

Ingredients

A handful of curly kale (fresh or frozen)
 1 pear
 Half banana
 1 small handful of strawberries (fresh or frozen)
 A spoonful of Greek yoghurt
 2 tbsp Molkosan® Fruit
 200 ml water

Booming curly kale

Curly kale. An everyday vegetable to us, a trendy snack in America. Curly kale or simply 'kale' is regarded in America as the latest super food. They use it in just about everything: kale smoothies, kale crisps, kale soup and kale salads. It's a clever move, because curly kale not only contains lots of vitamins, but is also a great source of iron, antioxidants and calcium. In a nutshell: curly kale is booming!



Ingredients

1 Granny Smith apple

50g fresh spinach

A sprig of parsley

1 date

1/2 tbsp of honey

200 ml almond milk

1 tbsp Molkosan® Fruit

Green Dream

Peel the apple and chop into small pieces. Remove the seed from the date. Add the apple, date, spinach leaves, parsley, honey, almond milk and Molkosan® Fruit and blend until creamy and smooth.

Viva variation!

A smoothie is an easy and tasty way to take in all kinds of essential nutrients. The trick to this is variety! A spinach-based smoothie every day may be easy, but there are plenty of other options! For example, curly kale, pak choi, endive, celery, rocket, beetroot greens, etc. Experiment and mix & match!



Forest festival

Ingredients

100 g blueberries (fresh or frozen)

2 kiwis

300 ml almond milk

50 g fresh spinach

2 fresh dates

100 ml coconut milk

2 tbsp Molkosan® Fruit

Remove the seed from the dates and combine with the blueberries, kiwis, almond milk, coconut milk, Molkosan® Fruit and spinach leaves (a few more or less doesn't matter). Then blend to a creamy and smooth consistency.





Ingredients

2 small beetroots

1 avocado

2 tbsp cocoa powder

1 tbsp honey

200 ml almond milk

Option: replace the Molkosan® Fruit with 1 tbsp Echinaforce® Hot Drink

Just Beet it!

Peel the avocado and remove the stone. Cut the beetroots into small pieces and combine with the avocado. Add the almond milk, honey, cocoa and Echinaforce® Hot Drink and blend to make a thick smoothie.

Boost your immune system

Add a tablespoon of Echinaforce® Hot Drink to your smoothie once in a while. This 100% natural syrup contains a high concentration of Echinacea purpurea, which boosts the immune system and aids faster recovery for colds or flu.

It's tasty diluted with hot water or as an extra power ingredient in this smoothie.



Summer Sweet

Ingredients

Half a mango

1 banana

3 chicory leaves

Juice of 1 orange

A spoonful of Greek yoghurt

A couple of mint leaves

2 tbsp Molkosan® Fruit

Peel the mango and cut into small pieces. Next mix the mango, banana, chicory leaves, Greek yoghurt, mint leaves, orange juice and Molkosan® Fruit and blend until smooth for a sweeter summer smoothie.



Ingredients

- _____ 1 banana
- _____ 2 celery stalks
- _____ ½ courgette
- _____ 2 kiwis
- _____ 100 ml coconut milk
- _____ 1 tbsp Molkosan® Fruit

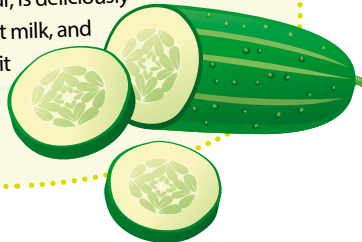


Mellow Yellow

Cut the celery and courgette into small pieces. Peel the kiwi and banana. Mix with the coconut milk and Molkosan® Fruit and blend until smooth for a refreshing smoothie.

Tips for the kids!

Can't get your children to eat vegetables? Why not try making this smoothie with them? It's fun and tasty! The smoothie has a subtle flavour, is deliciously creamy thanks to the coconut milk, and the banana and kiwi gives it a sweet edge.



The *secret* behind your supersmoothie

Add A.Vogel Molkosan® Fruit to make your supersmoothie complete. Molkosan® Fruit is a whey-based drink and a source of calcium which aids digestion. The combination of pomegranate, aronia berries and stevia give Molkosan® Fruit a 100% natural and refreshingly sweet fruity flavour. Delicious in a smoothie and gentle on the stomach, it boosts our digestive health, helping us feel fit and full of energy.



Variations with Molkosan® Fruit

In addition to using Molkosan® Fruit as a smoothie ingredient, it also makes for a very pleasant and refreshing drink on its own. Add 1-2 teaspoons of Molkosan® Fruit to a glass of mineral water or fresh orange/apple juice, or simply stir it into some yoghurt.

A.Vogel Molkosan® Fruit*

- Aids digestion*
- Contains whey, aronia berries, pomegranate, stevia and calcium
- Refreshingly fruity flavour
- Lactose-free, low-calorie and sugar-free

* Molkosan® Fruit is a source of calcium and aids digestion. One daily dose of 2 tablespoons contains 15% of the Recommended Daily Intake of calcium. Molkosan® Fruit is available at chemists, pharmacies and health food stores for £ 6.96 (200ml).



More smoothie recipes?

Visit www.avogel.co.uk/smoothies

Love to cook?

Visit the A.Vogel Food Hub for easy, tasty and healthy recipes from soups and salads to sweet treats and lots more! www.avogel.co.uk/food/recipes

Ask the health helpline

If you have any questions or are looking for personal health advice, call the A.Vogel health hotline (during office hours) on 0845-608-5858 or send an email to helpline@bioforce.co.uk

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