

Victoria Boutenko's Favourite

Blend well:

6 leaves of red leaf lettuce  
1/4 bunch of fresh basil  
1/2 lime (juiced)  
1/2 red onion  
2 celery sticks  
1/4 avocado  
2 cups of water

Sergei Boutenko's Favourite

Blend well:

5 kale leaves (green)  
1/2 bunch of fresh dill  
1/2 lime (juiced)  
3 cloves garlic  
1/4 cup sundried tomatoes  
2 cups of water

Recipe #1

2-3 cups of greens of your choice,  
2 cups papaya,  
2 oranges  
No water necessary

Recipe #2

1 handful lettuce leaves  
1 handful mint  
3 bananas  
2 cups water

Recipe #3

4-5 kale leaves  
3 apples  
1/2 lemon juiced  
2 cups of water

Recipe #4

3-4 stalks celery  
2 ripe persimmons  
1 banana  
1 -2 cups water

Recipe #5

1/2 head romaine lettuce,  
1 cup pineapple,  
1 large mango,  
1-inch fresh ginger

Recipe #6

2 -3 cups of your favorite grapes  
1 handful parsley  
2 handfuls of baby Spinach  
2 cups of water

Recipe #7

1 cup pineapple  
1 banana  
2 sticks of celery  
1 handful of your favourite leafy greens

Recipe #8

1/2 avocado  
1/2 capsicum  
one small onion  
2 cloves garlic  
one chilli  
2 handfuls black cabbage  
2 cups water

Recipe #9

3 bananas  
a cup of papaya  
4 big handfuls of baby spinach  
2 cups of water

Recipe #10

2 bananas  
1 apple  
1 pear  
2 handfuls of parsley  
2 big handfuls of kale  
2 cups of water

Recipe #11

1 large dragon fruit  
2 bananas  
1 handful of parsley  
1 small bunch of bok choy  
2 cups of water

Recipe #12

3 bananas  
3 huge handfuls of baby spinach  
2 cups of water

Recipe #13

2 bananas  
1 dragon fruit  
2 huge handfuls of baby spinach  
2 cups of water

Recipe #14

2 bananas  
1 apple  
1 pear  
2 handfuls of parsley  
2 big handfuls of kale  
2 cups of water

Recipe #15

1 large dragon fruit

2 bananas  
1 handful of parsley  
1 small bunch of bok choy  
2 cups of water

Recipe #16

4 large ripe bananas  
2 large handfuls of kale  
1 small handful of parsley  
1 handful of baby spinach  
2 cups of water

Recipe #17

1 apple  
1 pear  
2 bananas  
1 1/2 cups of kale  
1 stalk of celery  
2 cups of water

Recipe #18

2 cups of papaya  
1 banana  
2 cups of leafy greens of your choice  
2 cups of water

Recipe #19

3 cups of mango  
1/2 medium sized romaine lettuce  
1 cup of water

Recipe #20

1/2 pint raspberries (fresh or frozen)  
1/2 pint blueberries  
2 bananas  
3 big handfuls of baby spinach  
2 cups of water

Recipe #21

1 apple  
1 peach  
1 nectarine  
1 carrot  
1/4 avocado  
1 lemon (without peel or seeds)  
Then filled the blender (Vita mix) with  
parsley  
romaine lettuce  
chard  
1 cup of water

Recipe #22

Handful each of  
kale,  
parsley,  
mezclun

1 celery stick  
pineapple  
1 banana.  
2 cups water

Recipe #23

1 cup papaya  
1 orange  
1/2 head romaine  
1 big lovely bunch of red grapes.  
two stalks of celery  
2 cups water

Recipe #24

1 bunch coriander,  
1 apple,  
1"ginger  
1 banana  
1 cup water

Recipe #25

2 handfuls baby spinach,  
1 celery stick,  
1 handful parsley,  
1 Granny Smith apple  
1/4 tsp ginger powder  
2 cups water

Recipe #26

3 handfuls baby spinach  
2 celery stalks & leaves,  
1 cup water,  
1 green apple,  
1 frozen lady finger banana  
a quarter of fresh pineapple

Recipe #27

2 handfuls of carrot tops  
2 stalks of celery  
1 handful of sunflower sprouts  
3 big red lettuce leafs  
1 serving of aloe vera dried gel (from "Good Cause Wellness")  
3 bananas  
2 cups water

Recipe #28

2 handfuls of baby spinach  
2 kale leaves  
1 serving of aloe vera dried gel  
1 Granny Smith apple  
2 oranges  
1 cup of water

Recipe #29

3 big green lettuce leaves  
1 handful of sunflower sprouts

2 handfuls of baby spinach  
1 serving of aloe vera  
6-7 big strawberries  
1 handful of blueberries  
1 cup of water

Recipe #30

2 bananas  
6-7 strawberries  
1 tablespoon of fresh aloe vera  
half a Cos lettuce  
1 cup water

Recipe #31

4 large ripe bananas,  
2 large handfuls of kale,  
1 small handful of parsley,  
1 handful of baby spinach and  
2 cups of water

Recipe #32

1 apple  
1 pear  
2 bananas  
1 1/2 cups of kale  
1 stalk of celery  
2 cups of water

Recipe #33

2 cups of papaya  
1 banana  
2 cups of leafy greens of your choice  
2 cups of water

Recipe #34

3 cups of mango  
1/2 medium sized romaine lettuce  
1 cup of water

Recipe #35

1/2 pint raspberries (fresh or frozen)  
1/2 pint blueberries  
2 bananas  
3 big handfuls of baby spinach  
2 cups of water

Recipe #36

3 bananas  
3 huge handfuls of baby spinach  
2 cups of water.

Recipe #37

2 bananas  
1 dragon fruit  
2 huge handfuls of baby spinach  
2 cups of water.

Recipe #38

1 handful dandelion greens  
1 handful parsley,  
1 handful spinach,  
1 banana,  
1 orange  
1 cup frozen raspberries

Recipe #39

lots of kale  
juice from several lemons (or lemons if unavailable)  
1" square of ginger, finely chopped  
big dollop of honey  
generous splash of sugar cane juice  
1-3 tsp of coconut oil  
bit of water

Recipe #40

3 bananas  
1 cup of papaya,  
4 big handfuls of baby spinach  
2 cups of water

Recipe #41

1 cup spinach,  
1/2 inch ginger,  
1 lemon,  
1 cucumber,  
2 celery  
2 pears  
1 cup water

Recipe #42

1/2 avocado  
1/2 capsicum  
one small onion  
2 cloves garlic  
one chilli  
2 handfuls black cabbage  
2 cups water

Recipe #43

Half a head of green leaf lettuce  
2 bananas  
juice from 2 tangelos  
1/2 a bag of frozen mangos  
1 pear  
1 cup of water

Recipe #44

1 banana  
Handful of Strawberries  
Large Handful of Spinach  
Dab of Water

Recipe #45

3-4 celery sticks  
50 cent piece of grated ginger  
1-2 apple or banana or pear (varied to what felt right that day)  
2 cups water

Recipe #46

1/2 cos lettuce,  
1 apple  
1 banana  
1 cup dandelion greens  
1 celery stick  
1tablespoon of soaked chia seeds

Recipe #47

1 lime  
1 celery stick  
1 cucumber  
1 apple  
1/2 ginger  
1 garlic clove  
parsley  
mint  
comfrey  
dandelion  
spinach or mushroom plant  
brahmi  
basil  
coriander  
asparagus  
fenegreek sprouts  
tumeric  
water

Recipe #48

4 very ripe persimmons  
1 stalk of celery  
1 handful of baby spinach  
1 hand ful of dill  
2 cups of water

Recipe #49

1 Large Pear  
1" ginger  
4 leaves of Romaine  
1/2 a frozen banana

Recipe #50

1/2 banana  
1/2 pear  
juice of half an orange  
about a cup of parsley

Recipe #51

2 large handfuls of spinach (organic)  
2 large handfuls of mixed baby greens (organic)

.5 cup alfalfa sprouts  
1 Tbsp chia seeds  
1 Tbsp flax seeds  
2 slices of whole pineapple  
1 small banana  
1 cup water

Recipe #52

2 bananas,  
2 cups spinach,  
a stalk of celery and  
2 cups of water

Recipe #53

spinach--4 or 5 fists full  
cucumber--1 big or 2 small  
(frozen) green grapes--1 cup  
water--1/2c to 1c

Recipe #54

3 bananas  
1/2 a bunch of fresh dill  
2 celery stalks  
1/2 bunch of bok choy  
2 cups water

Recipe #55

one-half bunch of the following:  
dandelion  
parsley  
cilantro  
kale  
red russian kale  
5 stalks of celery  
1 mango  
about 10 strawberry  
1 pear  
gel of whole aloe vera leaf  
a pinch of homeade green powder  
1/4 cup water  
a few frozen grapes  
garnished with  
broccoli sprouts and bee pollen

Recipe #56

1 orange,  
1/2 head romaine lettuce  
1 bunch red grapes  
two stalks of celery

Recipe #57

3 handfuls of mixed baby spinach and  
celery stalks & leaves,  
1 cup water, 1 green apple,  
1 frozen lady finger banana  
and about a quarter of fresh pineapple



Recipe #58

1 punnet of strawberries,  
2 pears  
3 small handfuls of baby spinach,  
1 bunch of Chinese bok choy and  
2 cups of water

Recipe #59

1 handful of spinach (organic)  
1 handful of romaine (organic)  
1/2 ounce of Mint leaves (organic) or more if you like it really minty  
3/4 or 1 pound of strawberries (organic)  
1 banana (organic)  
1 cup of filtered water

Recipe #60

2 large glasses of water  
2 large handfuls of baby spinach  
bunch of parsley  
little bit of kale  
banana  
pineapple  
papaya  
mango  
plus 1 tsp flax oil

Recipe #61

1 apple  
1 peach  
1 nectarine  
1 carrot  
1/4 avocado  
1 lemon (without peel or seeds)  
Then filled the blender (Vita mix) with  
parsley  
romaine lettuce  
chard  
1 cup water

Recipe #62

Handful each of  
kale, parsley,  
mezclun  
celery,  
1 cup freshly squeezed pineapple juice,  
1 banana.  
1 cop water

Recipe #63

2 bananas  
3 large spinach leaves  
1/2 bunch mint  
1 tsp maca  
1 tsp soaked chia seeds  
1 tsp goji berries (they give the smoothie lovely little pink flecks!)

1 date  
1 cup water

Recipe #64

2 bananas  
1/2 cup raspberries  
1 pear  
2 big handfuls baby spinach  
1 tsp flax seed oil  
1 cup water

Recipe #65

2 cups water  
3-4 frozen or fresh bananas  
3-4 yellow mangoes  
1 cups raspberries  
1 cup organic red grapes  
5-6 or more kale leaves  
some mint leafs  
1 cup water

Recipe #66

2 oranges  
1 lemon  
1 bunch of fresh mint  
1 bunch of a mixture of greens; spinach, parsley, kale  
stevia to sweeten to taste.

Recipe #67

1 bunch bok choy,  
1 banana,  
1 pear,  
6 strawberries,  
celery  
1 tablespoon of flaxseed oil  
1 cup water

Recipe #68

Dandelion greens  
Mango  
2 bananas  
8 romaine leaves  
2 cups ice cold water  
1 tablespoon raw cacao nibs

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