



SMOOTHIES

xavax®

pink SPRING

- ✓ 180 ml coconut water
- ✓ 125 g frozen strawberries
- ✓ 100g rhubarb
- ✓ 1 teaspoon maple syrup
- ✓ 1 tablespoon linseeds
- ✓ 5 ice cubes



berry SUMMER

- ✓ 180 ml milk (cow, soy, almond or similar)
- ✓ 45 g frozen blueberries
- ✓ 45 g frozen raspberries
- ✓ 45 g frozen blackberries
- ✓ 1 frozen banana (place it in the freezer for 30-40 minutes before)
- ✓ 1 teaspoon lemon juice
- ✓ A bit of vanilla or
1/2 teaspoon vanilla extract
- ✓ 1 teaspoon chia seeds



No fresh berries at hand?

Alternatively you can also take 135g of a frozen berry mixture.

fresh

AUTUMN

- ✓ 180 ml water
- ✓ 1/2 frozen banana (place it in the freezer for 30-40 minutes before)
- ✓ 1 pear
- ✓ 1 bar stale celery
- ✓ 1 hand full fresh spinach
- ✓ 1/3 lemon
- ✓ 1/2 cm fresh ginger
- ✓ 1 jujube
- ✓ 2-3 ice cubes

→ For all four Smoothies :

Put all ingredients into a blender or a similar kitchen utensil and crush them to the desired consistence.

healthy WINTER

- ✓ 180 ml water
- ✓ 1/2 frozen banana (place it in the freezer for 30-40 minutes before)
- ✓ 1 carrot or 125 ml carrot juice
- ✓ 1/2 lemon
- ✓ 1/2 orange
- ✓ 2-3 cubes of cooked butternut-pumpkin or 1/2 banana
- ✓ 1 jujube
- ✓ 1/2 cm fresh ginger
- ✓ 1 sprinkle of cinnamon
- ✓ 5 ice cubes

