

# Summertime Juices and Smoothies by Kris Carr (Crazy Sexy Juice)

## Bloat Buster

Belly bloat got you down? Then it's time for a sip of this refreshing, clean juice. It's a honeydew lover's delight, featuring a mixture of fresh melon and a gaggle of greens. The parsley and dandelion greens act as a gentle and natural diuretic, helping you to shed water weight and feel less puffy. Make this your cocktail of choice when PMS calls, when you've been too busy to hydrate properly, or when you simply need to feel refreshed.

- 6 leaves dandelion greens
- 1 large cucumber
- 2 large leaves Swiss chard
- 1/8 cup parsley, leaves and stems, tightly packed
- 2 cups honeydew melon cubes
- Citrus Shine

## Citrus Shine

Pucker, power, pow! This delightful formula will help kickstart your day with a medley of sweet and sour flavors. Tart apple, orange, and lemon are mellowed out by sweet kiwi and the hydrating cucumber.

- 1 kiwi
- 1 medium apple, cored and seeded
- 1 navel orange, peeled
- 2 cucumbers
- 1/2 lemon

## Mint Chip Champion

If you like classic Girl Scout cookies, you'll love this smoothie. It's a minty, chocolatey bonanza! It's also packed with anti-inflammatory spinach, antioxidant rich cacao nibs, and my creamy nondairy milk. It even has a spunky, mint green color and loads of leafy green goodness.

Pro tip: If you don't have cacao nibs at home, don't sweat it. They add some delightful texture to the smoothie, but one tablespoon of regular ole cocoa powder (or raw cacao powder, if that's what you've got) is a fine substitute.

- 1 1/2 cups spinach, tightly packed
- 2 bananas, frozen
- 1 to 2 pitted Medjool dates
- 2 tablespoons mint leaves
- 1 1/2 tablespoons cacao nibs
- 2 cups nondairy milk of choice

## Raspberry Revitalizer

This delicious smoothie will make you feel as though you're drinking dessert through a straw—but it'll also help to boost your vitality with healthful fatty acids and greens.

Pro Tip: Coconut butter adds a wonderful creaminess and subtly decadent flavor to smoothies—a nice departure from almond or peanut butter, if those are your go-to's. It can be a little tricky to find, but you should be able to get your hands on some at most health-food stores or online.

- 1 cup kale, tightly packed
- 1 cup raspberries, frozen
- 1 banana, frozen
- 1 tablespoon coconut butter or coconut oil
- 1/2 teaspoon vanilla extract
- 1 3/4 cups nondairy milk of choice

## Blushing Beauty

Peaches and yum! This juice is both herbal and fruity, a light and unusual combination. You'll be delighted at the taste (and dusty rose color) that strawberries and peaches lend to the elixir. You can also feel good about the fact that this juice is like a liquid prescription for beautiful skin! It's incredibly high in vitamin C, which helps us to form collagen (an important structural component of strong skin) and fight off free radicals. Peaches are also high in beta-carotene, which is associated with cell repair.

Pro Tip: You can substitute other summer berries, like blackberries or raspberries, for the strawberries in this recipe.

- 1 large cucumber
- 2 large peaches, pitted
- 3 cups strawberries
- 2 tablespoons basil leaves, tightly packed

## Berry Protein Power

Berries and chocolate are like Fred and Ginger—a beloved pair. Hemp seeds and kale make this smoothie especially nutrient dense, plus the combination of banana and almond milk make it oh-so-creamy.

- 1 large banana, frozen
- 1 cup blueberries, frozen
- 1 1/2 cups almond milk or nondairy milk of choice
- 2 tablespoons hemp seeds
- 2 tablespoons cacao nibs
- 1 cup kale, leaves only, tightly packed

## Hot Flash Healer

Lady, no need to open a window in the dead of winter—maca to the rescue! In this smoothie, hormone-balancing maca tangos with the natural phytoestrogens in flax seed, which are thought to help relieve menopause symptoms.

- 1 1/2 cups strawberries, frozen
- 1 apple, cored and seeded
- 1 tablespoon flax seeds, ground
- 1 teaspoon maca powder
- 1 1/2 cups nondairy milk of choice

## Ginger Chia Supercharger

Supercharger is right. This smoothie packs in protein from chia seeds, almond milk, almond butter, and kale, which makes it a perfect go-to before or after a workout. I love the combination of ginger, mango, and almond—it tastes decadent but fruity and uplifting at the same time.

Pro tip: If you don't have mango, substitute pineapple or extra banana instead. Or, for a very different—but also very delicious—blend, try swapping blueberries for mango.

- 1 cup kale, leaves only, tightly packed
- 1 banana, frozen
- 1 cup mango, frozen and cubed
- 1/2-inch piece ginger, peeled
- 1 teaspoon chia seeds
- 1 tablespoon almond butter
- 1 3/4 cups almond milk or nondairy milk of choice

## Sweet and Sour Green

A delicious combination of eye-opening orange and pineapple, mixed with hydrating, alkaline veggies. To make this drink even greener (AKA more powerful), try increasing the spinach or throwing in a fistful of cleansing parsley.

- 1 small cucumber
- 3 stalks celery
- 1 cup spinach, tightly packed
- 1 cup pineapple cubes
- 1 navel orange, peeled

## Blueberry Lemonade

Conventional lemonade recipes are packed with added sugars (and the bottled ones have some not-so-savory additives and preservatives, too). This mixture evokes the beloved taste of freshly made lemonade, but it's infused with body-boosting ingredients. The cucumbers create a hydrating base for the juice, while apples provide a lovely sweetness that's not too sugary. The fresh blueberries add age-defying antioxidants and help give the drink a gorgeous purple color.

**Pro Tip:** This is another great recipe to keep handy for summer entertaining, or to offer kids as a more nutritious spin on a favorite childhood classic!

- 2 small cucumbers
- 1 cup blueberries
- 2 Granny Smith apples
- 1/4 lemon, peeled
- 3 tablespoons mint leaves, tightly packed

## Green Milk

I know what you're thinking: green milk?! It may seem like a nutty idea, but why not infuse your go-to almond milk with a little green goodness? This milk is perfect for sipping, and if you use it in green smoothies, you'll be doubling up on plant power.

**Pro Tip:** To make the milk, follow my basic almond milk formula, adding kale and spinach in the blending step. Then you strain and serve as you normally would. The resulting mixture is sweet and creamy, and even though you'll barely taste the veggies, your body will thank you for them!

- 2 leaves kale, stems removed
- 2 cups baby spinach, packed
- 1 cup almonds, soaked for 8 hours
- 2 to 3 pitted Medjool dates
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 4 cups water

1. In a high-speed blender, blend all ingredients till totally smooth.

2. Create a large, double layer of cheesecloth and hold it over a large mixing bowl, or hold a nut milk bag over a large mixing bowl. Pour the green milk through the cheesecloth or bag and squeeze thoroughly. You can compost or discard the nut pulp. Transfer the nut milk to an airtight container. It will keep in the fridge for about 3 days.

- See more at: <http://kriscarr.com/recipe/green-milk/#sthash.dgQusVBc.dpuf>