

2014



Rocking Juices & Smoothies

12 smoothies and juices that could
change your everyday life!

www.rockerhealth.com



ROCKING JUICES

To refresh, revitalize & rebuild your body!

** All juices should be made with a juicer*

** Organic products are recommended since the skin remains on most ingredients to retain the healthy nutrients*

Get Me Rocking

- Juice of half a fresh squeezed lemon
- 2 slices of fresh ginger the size of a finger nail
- Warm Water

Put the lemon juice and ginger slices in a glass and pour in warm water. Let stand for a minute, drink slowly and relax!

Benefits

The best drink to start every morning. Drink on an empty stomach, it gets your body going! Great for digestion or an upset stomach and a natural detox for your body. Plus, it's packed with vitamin C & anti-bacterial properties!

Green Apple Jolly Rancher

- 2 Granny Smith Apples (with skin if organic)
- 3 Celery Stocks
- Handful of Fresh Mint

Put all ingredients in your juicer. Stir & top off with some mint leaves. Enjoy!

Benefits

Kids & adults love this juice since it tastes just like candy! It's a refreshing drink to enjoy during the afternoon since mint helps digestion and also supports weight loss.

Refresh Me

- 1 Cucumber (with skin if organic)
- 1 Granny Smith Apple (with skin if organic)
- 3 Celery Stocks

Benefits

This refreshing drink is full of antioxidant, helps with inflammation, nourishes the skin, PH balanced, great for weight loss and aids digestion.

Put all ingredients in your juicer and pour into your favorite glass. Enjoy!

Bloody Married

- 2 Carrots (with skin if organic)
- 3 Tomatoes
- 2 Celery Stocks
- 2 Branches of Cilantro
- Tabasco Sauce
- Worcestershire Sauce

Benefits

Nice healthy twist on an old classic! Great drink for the skin, full of beta-carotene for the eyes, anti-aging nutrients, helps teeth & gums, improves digestion & supports blood pressure.

Put all ingredients in you juicer (not the 2 sauces). Pour into your favorite glass & add a celery stock for garnish. Add a few dashes of Worcestershire & Tabasco sauce to kick it up a notch.

Kale the Queen

- 1 Package of Kale
- 1 Lemon (without the skin)
- 1 Granny Smith Apple (with skin if organic)
- 1 Cup of Water (optional)

Benefits

A rich drink full of vitamin C, calcium, iron, potassium & anti-oxidants which are great for the eyes, skin, bones and heart. Lemon makes it easier for you to absorb the Kale nutrients. A great way to get your daily veggies!

Remove skin from lemon. Put the kale, apple & lemon through your juicer. Enjoy!

ROCKING SMOOTHIES

Enjoy these smoothies on the go and get a blast of vitamins & flavor!

** All smoothies should be made with a powerful blender or a VITAMIX*

** Use organic products when available*

Watermelon Cool

- 3 cups of watermelon
- ½ cup of Coconut Water
- ¼ teaspoon of cinnamon

Benefits

This is a great drink after a workout or during hot weather to help restore and replenish your body fluids with a natural boost of energy. Cinnamon balances blood sugar and prevents sugar spikes.

Put all ingredients in blender. Blend for a minute or until silky smooth. For a summer drink you could also add ice cubes. Pour in your favorite glass & drink slowly!

Blue & Berry

- 2 Cups of Almond Milk
- ½ banana or 2 fresh dates (Medjool)
- ½ Cup of Blueberries

Benefits

Blueberries are full of anti-oxidants to improve the immune system. They also keep the brain healthy, help reduce inflammation and strengthen the eyes.

Add almond milk in the blender first then the remaining ingredients. Blend for a minute or until silky smooth. You can substitute almond milk with rice, coconut or soy milk. Pour into glass & enjoy!

Banana Love

- 2 Cups of Almond Milk
- 1 Ripe Banana
- 2 Fresh Dates (Medjool)
- 1/2 Teaspoon of Cinnamon
- 2-3 Ice Cubes (optional)
- 1 Teaspoon of Instant Coffee or 1/3 cup of brewed coffee room temperature (optional for a little boost!)

Add almond milk in the blender first then the remaining ingredients. Blend for a minute or until silky smooth. You can substitute almond milk with rice, coconut or soy milk. Pour into glass & enjoy!

Benefits

Bananas are full of natural energy. They aid the body in many ways such as turning on your happy hormone, preventing cramps, reduction of swelling, high in potassium and your best friend for diarrhea relief.

Beet the Rush

- 2 Cup of Coconut Water
- 2or 3 Small Beets Cubed
- 6 Black Cherries (frozen)
- ¼ Cup of Blueberries
- ½ Teaspoon of Cinnamon
- ¼ Cup of Orange Juice for Kids (optional)

Add coconut water first then the remaining ingredients into blender. Blend for a minute or until silky smooth. Pour into glass & enjoy!

Benefits

A vitamin (B6, C, Potassium, Folate) and anti-oxidant rich smoothie rush for the body. Beets are amazing since they boost stamina, fight inflammation, support muscle function and help the heart and arteries work more efficiently.

Orange Crush the Cold

- 1 Orange (without skin)
- 1 Apple (with skin if organic)
- 1 Carrot (with skin if organic)
- 1 Slice of Fresh Ginger (size of a finger nail)
- Fresh Squeezed Juice from Half a Lemon
- 1 Cup of Coconut Water

Add coconut water to blender first then remaining ingredients. Blend for a minute or until silky smooth. Add ice cubes, if you prefer it cold. Pour into glass & enjoy!

Benefits

An excellent cold and flu buster packed with vitamin C. It also aids digestion from fresh ginger and lemon juice. Plus, carrots improve vision, help with infections and provide anti-aging properties.

Green Matcha Latte

- 1 1/2 Cup of Almond Milk
- 1 Teaspoon of Matcha Tea Powder
- 1 Teaspoon of Honey

Heat the almond milk on stove (not microwave!). Add the milk to blender with the remaining ingredients. Blend for a minute or until froth builds. Pour into mug & enjoy instead of your morning coffee!

Benefits

This is a calming and soothing drink for the body. Matcha tea powder detoxs, boosts metabolism, improves mood & concentration, balances cholesterol and blood sugar. Wow!

Chocolate Dream

- 1 1/2 Cup of Almond Milk
- 1 Tablespoons of Cacao Powder
- ½ Tablespoon of Honey (or to taste)
- ¼ Teaspoon of Cinnamon
- ¼ Teaspoon of Cardamom

Heat almond milk on stove then add to blender with the remaining ingredients. Blend for a minute. You can substitute the almond milk with coconut or soy milk. For the summer, use cold milk with ice cubes instead. Pour into mug & enjoy the chocolate!

Benefits

The smooth and rich taste of cacao powder provides a natural boost of energy and supercharges the immune system with a punch of anti-oxidants. Cardamom is great for digestion, bloating, gas and heartburn.