



Hannah
Lovegrove

The Blue Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk)

Put these into a blender and add:

Three tablespoons blueberries or blackberries (fresh or frozen)

4 teaspoons ground almonds

Add 2 teaspoons Blue Lightning and blend until smooth.

Pour into a tall glass and enjoy!



These are some of the cocktail of fruits used to make Blue Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:

Blueberry	Very high in antioxidants, Vitamins C and E.
Elderberry	High in antioxidants, 'the medicine chest of the common people', anti-viral, anti-inflammatory, high in Vitamin C.
Red wine grape	Useful as a blood tonic, diuretic, and improves cleansing function of the glands.
Blackcurrant	High in Vitamin C and antioxidants, beneficial for the heart, protective against diabetes, high blood pressure, coughs and chest ailments.
Ligonberry	High levels of Vitamins A, C and Magnesium, flavinoids and lignans, excellent anti-oxidant.

N.B. Always use good quality ingredients, organic where possible.

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The Bright Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk)

Put these into a blender and add:

One fresh white pear or nectarine, peeled, cored and chopped (ordinary if white is not available.)

4 teaspoons ground almonds

Add 2 teaspoons Bright Lightning and blend until smooth.

Pour into a tall glass and enjoy!



These are some of the cocktail of ingredients used to make Bright Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:

White tea	Has the highest antioxidant levels of all teas
White pear	Moistens the lungs and throat, helpful for constipation, soothes the gallbladder.
White fig	Very alkalising food, useful for balancing a diet rich in meat and refined food, soothing and laxative.
Shitake mushroom	Tonifying for weak digestion and assimilation of nutrients, strong tonic for the immune system.
Jerusalem artichoke	Nourishes the lungs, treats constipation, and stimulates insulin production.
Garlic	Inhibits cold and other viruses, eliminates toxins, unfavourable bacteria, yeasts, promotes healthy growth of intestinal flora.

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The Green Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk, or use half-and-half coconut milk if your cholesterol levels are OK.)

Put these into a blender and add:

Three tablespoons mixed berries like blueberries, raspberries and blackberries (fresh or frozen). These give your smoothie a better colour!

4 teaspoons creamed coconut (*substitute 4 tsp ground almonds if you are watching cholesterol levels.)

Few drops Vanilla essence

Add two teaspoons Green Lightning and blend until smooth.

Pour into a tall glass and enjoy!

These are some of the cocktail of ingredients used to make Green Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:



Spirulina	Highly nutritive, tonifying and cleansing properties, a special form of protein easily assimilated by the body. It detoxifies, strengthens the immune system and improves brain function. Rich in GLA.
Chlorella	Binds with toxins such as heavy metals and carries them safely out of the body. Very important in the protection of cells due to stress, pollution and ageing. High in omega3. More expensive than spirulina as it requires very careful harvesting, but less is required.
Kelp	Benefits the kidneys & the thyroid, relieves hormone imbalance, increases the depth of the breath and restores tired muscles.
Bee pollen	Rich in protein and B12, contains nearly all nutrients required by humans. Also contains substances which not yet identified, which may contribute to its remarkable properties, not explained by its known nutrients.
Astralagus	Builds energy, strengthens digestion and resistance to disease, strong tonic for the immune system.
Dried barley juice	Anti-inflammatory, benefits the stomach & gall bladder, fortifies the intestines, promotes diuresis.

N.B. Always use good quality ingredients, organic where possible.

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The Red Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk or use half-and-half coconut milk if your cholesterol levels are OK)

Put these into a blender and add:

Three tablespoons raspberries or chopped strawberries (fresh or frozen)

4 teaspoons creamed coconut (*substitute 4 tsp ground almonds if you are watching cholesterol levels.)

Few drops of vanilla essence

Add 2 teaspoons Red Lightning and blend until smooth.

Pour into a tall glass and enjoy!



These are some of the cocktail of fruits used to make Red Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:

Pomegranate	Helpful for the bladder, soothing for the mouth and throat.
Mangosteen	High antioxidant properties, anti-viral, anti-inflammatory, anti-biotic.
Acai	Increase and sustain energy production, cholesterol management, beneficial for the heart and arteries
Goji berries	Helps with cell renewal, strengthens the heart and arteries, detoxifies and improves immune system.
Noni berries	Help to maintain healthy cholesterol levels, support the immune system and energy production.

N.B. Always use good quality ingredients, organic where possible.

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The Yellow Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk)

Put these into a blender and add:

Two slices of fresh pineapple or six chopped apricots

4 teaspoons ground almonds

Add 2 teaspoons Yellow Lightning and blend until smooth.

Pour into a tall glass and enjoy!



These are some of the cocktail of ingredients used to make Yellow Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:

Pineapple	Improves digestive ability, diuretic, useful for indigestion and anorexia. Much sweeter than its green cousin, rich in Vitamin C, antioxidants, polyphenols, magnesium, potassium and copper, protective for the heart and blood vessels.
Golden kiwi	
Pumpkin	Regulates blood sugar balance, benefits the pancreas, and relieves damp conditions in the body, the lungs and throat.
Grapefruit	Improves the appetite, and promotes peristalsis. Helpful after alcohol intoxication!
Melon	Supports digestion, builds body fluids, moistens the intestines and supports kidneys and urinary tract.
Lycopene	A potent anti-oxidant.
Lutein	Helps protect the eyes and brain from degeneration.

N.B. Always use good quality ingredients, organic where possible.

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