
Apple & Blueberry Smoothie

Ingredients

2 handfuls blueberries (frozen or fresh)

1 large apple (cored)

2 handfuls spinach

10 strawberries (fresh or frozen)

3 tbsp. low-fat yogurt

How to Make It

Blend 2 handfuls blueberries (frozen or fresh),

1 large apple (cored),

2 handfuls spinach,

10 strawberries (fresh or frozen),

and 3 tbsp. low-fat yogurt.

Nutrition Information

calories 161

Smoothies:

Boost the health benefits of your fast with our liquid meals. Just blend and go! 243 calories and under.

This healthy recipe is featured in the smoothie section of the new 5:2 Starter's Guide to The 2-Day Diet. The book provides a selection of over 100 tasty recipes to help you meet the daily 500 calorie allotment for the 2 days of intermittent fasting, as required by the 5:2 Diet.



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Kale, Kiwi & Apple Juice

Ingredients

- 1 green apple
- 1 kiwi fruit
- 1 1/2 cups kale (stems removed)
- 1 cup water
- juice of 1 lime
- 2 pinches of grated ginger

How to Make It

Blend 1 green apple, 1 kiwi fruit, 1 1/2 cups kale (stems removed), 1 cup water, juice of 1 lime, and 2 pinches of grated ginger.

Cook's Notes

Smart tip: Crisp green apples give the best flavor. Try Granny Smiths, which contain high levels of immune-boosting antioxidants.

Nutrition Information

calories 131

Ultimate Green Smoothie

Ingredients

- 2/3 cup apple juice
- 4 frozen broccoli florets
- 1 chopped apple
- 1/4 sliced avocado

How to Make It

Blend all ingredients.

Cook's Notes

Smart tip: This ultra-green cocktail benefits from broccoli. Did you know, just a 4 oz. serving of broccoli will provide you with more than 150% of your recommended daily intake of vitamin C?

Nutrition Information

calories 238

Antioxidant Breakfast Smoothie

Ingredients

- 2/3 cup frozen blueberries
- 2/3 cup no-added-sugar cranberry juice
- 1 tsp. agave nectar
- 2 soft pitted prunes

Nutrition Information

calories 93

How to Make It

Blend 2/3 cup frozen blueberries, 2/3 cup no-added-sugar cranberry juice, 1 tsp. agave nectar, and 2 soft pitted prunes.

Cook's Notes

Smart tip Blueberries and cranberries outrank nearly every other fruit and vegetable in levels of disease-fighting antioxidants. Both are also great sources of fiber and vitamin C.

Craving Buster

Ingredients

- 1/2 cup blueberries
- 1/2 banana
- 1/4 cup fat-free strawberry yogurt
- 1/4 cup apple juice
- Pinch of cinnamon

How to Make It

Blend 1/2 cup blueberries, 1/2 banana, 1/4 cup fat-free strawberry yogurt, and 1/4 cup apple juice with a pinch of cinnamon.

Cook's Notes

Smart tip: Bananas are a great weight-loss food because they taste sweet and are filling, which helps curb cravings. They also help sustain blood sugar levels during workouts.

Nutrition Information

calories 117

How you do get your blender clean?

1. Unscrew the bottom part, and remove the blade. Take a moment to remember how it was assembled, so you can put it back together. It shouldn't be hard – most blenders only have 3-4 parts to the pitcher. Wash everything, soapy water and let them dry. You can put the glass pitcher part in the dishwasher if you prefer, or wash it by hand.
2. Take the lid apart and hand wash both pieces in hot, soapy water.
3. Reassemble when everything is totally dry. You don't want to trap water anywhere, because that is a recipe for mildew.

