

Sweet Dreams

Ingredients:

1 mango
2 nectarines
15 cherries
200 g lamb's lettuce
1/2 bunch of parsley
1/4 lemon (peeled)
ca. 1/2 l water



Wash the mango and the nectarines and cut the pulp into pieces.
Wash and pit the cherries.
Clean the salad and the parsley.



Put all ingredients into a mixer and blend them.



Carpe Diem

Ingredients:

For 4 glasses
300 ml pineapple juice
150 ml apple juice, unfiltered
150 ml carrot juice
1 tsp ginger, minced
4 tsp olive oil, cold-pressed



Blend the different juices with the ginger.
Pour into glasses and sprinkle each with a teaspoon of olive oil.



And don't forget:

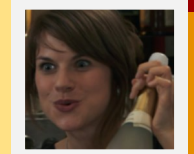
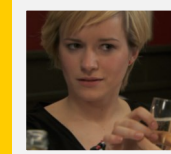
Smile, smile, smile...



Stay Jemma!



BAR
JEMMA



Smoothie
Time

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Something Special-Smoothie

Ingredients:

For two glasses

- 1 apple, preferably russet / Boskoop
- 3 spiced cookies /Speculaas
- 5 ice cubes
- 50 ml cold milk
- 1 tsp lemon juice
- 1 tsp rum or some drops of rum-flavoring
- 1/3 tsp cinnamon, grounded
- 1 tbsp. butter, softened
- 2 tbsp. curd
- 2 tbsp. honey
- 1 1/2 tbsp. hazelnuts, grounded
- 1 tbsp. cranberries, preserved



I just want it to be something very special

Pre-heat oven at 200° C, then wash and core the apple.

Blend the hazelnuts with the cinnamon powder and the lemon juice. Then fold in the honey and the butter with a fork and stir until homogenous. Fill the apple with the mixture. Then cook in the pre-heated oven for 20 to 25 minutes. Let it cool down.

Crush the ice cubes. Cut the apple into 4 pieces and put it into the blender (without the apple peel). Then add curd, milk, rum, honey, lemon juice and cinnamon and blend until creamy.

Finally add two of the three cookies and blend shortly.



It will be! Promise!

Pour into glasses, and top with the third crushed cookie and the cranberries.



Peanut Butter-Smoothie

Ingredients:

- 150 g pineapple
- 1 banana
- 1 orange
- 1/2 lime
- 4 ice cubes
- 1 tbsp. peanut butter
- 2 tbsp. yoghurt



Decoration:

peanut bar (approx. 15 g)

Peel the pineapple and cut out the stem. Cut the pulp into pieces. Peel and chop the banana. Juice the orange and the lemon separately. Crush the ice cubes. Blend pineapple, banana, orange juice and 3 tbsp. lime juice. Add peanut butter and yoghurt and purée until creamy. Finally add the crushed ice and blend again. Season with lime juice. Crack the peanut bar and sprinkle over the smoothie.

Grape-Yoghurt-Smoothie

Ingredients:

- 120 g grapes, white, seedless
- 3 tbsp milk
- 150 g yoghurt
- 30 ml milk
- some honey
- 1 vanilla bean



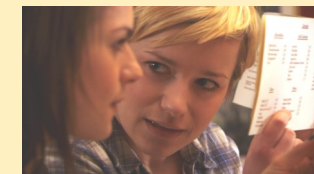
Wash the grapes and blend them with 30 ml milk. Blend with the yoghurt and thin down with milk as required. Season with honey and seeds of the vanilla bean.



Tiramisu Smoothie

Ingredients:

- 1/2 of a frozen banana, chopped
- 1/4 cup strongly brewed coffee, cooled
- 1/2 cup nonfat vanilla yogurt
- 1/4 cup low fat whipped cream cheese
- 1/4 cup skim, almond or soy milk
- 2 tsp cocoa powder
- 1-2 crushed vanilla wafers (optional)
- Amaretto (optional)



Place all of the ingredients in your blender except for the crushed vanilla wafers and the amaretto.

Blend until nice and smooth and pour into a cup. Add Amaretto and top with the crushed vanilla wafers and a dusting of cocoa powder if desired.