

The image features a teal circular logo with the text "Faith Canter" in a white script font. The background is a light green and white floral pattern. Below the logo is a photograph of two glasses of green smoothie on a wooden surface, with sliced kiwi and other fruits visible in the background.

Faith  
Canter

# Healing Smoothies, Juices & Teas

[faithcanter.com](http://faithcanter.com)

## SMOOTHIES

### **Green Smoothie**

#### **Ingredients**

1 avocado, peeled and deseeded  
2 stalks of celery, chopped  
1/2 a large cucumber, chopped  
1 lemon, peeled and deseeded  
1/4 of a clove of garlic  
1/4 tsp Himalayan salt  
A handful of parsley  
Water

#### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

### **Alternative Green Smoothie**

#### **Ingredients**

500ml of unsweetened almond milk  
1 avocado, peeled and deseeded  
1 large handful of spinach  
1/2 a small cucumber, chopped  
1 scoop of raw vanilla protein powder (like Sun Warrior)  
1 tsp of super greens powder  
1/2 a tsp of ground cinnamon  
1/4 tsp of grated ginger  
1 tsp of coconut oil  
Water

#### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Minty Maca Smoothie**

### **Ingredients**

2 tbsp hemp of chia seeds  
1 tbsp cacao nibs  
1 tbsp maca powder  
1 scoop of raw protein powder  
1 scoop of super greens powder  
A small handful of mint leaves  
2 tbsp raw honey  
2 large handfuls of ice  
Water

### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Detox Smoothie**

### **Ingredients**

1/2 a large cucumber, chopped  
2 large handfuls of kale  
1 large handful of spinach  
1 handful of fresh parsley  
200ml of unsweetened raw coconut water  
1 small handful of ice  
1/4 tbsp. of grated ginger  
1 tsp of spirulina  
1 tsp chia seeds  
Juice of one lemon  
Water

### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Immunity Building Smoothie**

### **Ingredients**

1/4 tbsp. of grated ginger  
1 small cucumber chopped  
2 large handfuls of spinach  
1 Handful of sprouted seeds  
200ml of unsweetened raw coconut water  
Juice of 1/2 lemon  
Optional: 1 cup berries of your choice  
Water

### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Hormonal Balancing Maca Smoothie**

### **Ingredients**

1 stalk of celery  
1/2 a large cucumber  
1 head of lettuce, chopped, with the core removed  
1 tbsp of maca powder  
1/2 tsp of organic matcha powder  
1 scoop of raw vanilla powder (like Sun-warrior)  
1/2 tsp cinnamon  
1 tbsp chia seeds  
Small handful of ice  
200ml raw coconut milk  
Optional – 1 tsp cacao nibs  
Water

### **Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Sweet Potato and Sesame Bliss Smoothie**

### **Ingredients**

1 small raw sweet potato, peeled and chopped  
200ml of unsweetened almond or other nut or seed milk  
1 scoop of raw vanilla protein powder (like Sun Warrior)  
1 tsp ashwaghandha  
1 tsp maca powder  
1/2 tsp cinnamon powder  
Water

### **Directions**

1. Place all the ingredients in a blender and top up with water or more nut milk.
2. Blend until smooth.

## FRUIT SMOOTHIES

### Tangy Ziwi Smoothie

#### Ingredients

1 small avocado, peeled, deseeded and chopped  
1 banana chopped  
1 kiwi fruit peeled and chopped  
1 large handful of kale or spinach  
1 handful of green grapes  
1 tsp of chia seeds  
1 tsp of maca powder  
Zest of half an orange or lime  
200ml of unsweetened raw coconut water  
Water

#### Directions

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

### Berry Pie Smoothie

#### Ingredients

2 large handfuls of berries  
1 large handful of spinach  
400ml of unsweetened almond milk or other nut or seed milk  
200ml coconut water or filtered water  
1 small handful of ice  
4 - 6 pitted dates, chopped  
1 tbsp. chia seed  
½ tsp of cinnamon  
Water

#### Directions

1. Place all the ingredients in a blender and top up with water or nut milk.
2. Blend until smooth.

### Protein Smoothie

#### Ingredients

1 banana, peeled and chopped  
1 large handful of berries  
5-7 large basil leaves  
1 large handful of kale or spinach  
1 tbsp. tahini or other nut or seed butter  
2 tbsp. hemp seeds  
1 tsp of chia seeds

1 tsp of flax/linseeds  
Water

**Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## **Smoothie Bowl**

**Ingredients**

1 small cucumber, chopped  
2 handfuls of berries  
1 large handful of kale  
1 large banana, peeled and chopped  
1 pear (or apple), chopped  
Juice of 1 orange  
1 handful of fresh mint  
2 tbsp chia seeds  
Water

**Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.
3. Pour into a bowl and top with your favourite granola and goji berries

## **Blueberry Smoothie**

**Ingredients**

4 large handfuls of blueberries  
200ml unsweetened almond milk  
1 tsp chia seeds  
Juice 1/2 lemon  
Water

**Directions**

1. Place all the ingredients in a blender and top up with water.
2. Blend until smooth.

## JUICES

### Green Juice

#### Ingredients

- 1 medium cucumber
- 2 apples
- 2 large handfuls of spinach
- 2 large handfuls of parsley
- 2-4 sticks of celery
- 1 small piece of fresh ginger
- 1 lemon, peeled

#### Directions

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

### Zesty Green Juice

#### Ingredients

- 1 apple or pear, chopped
- 2 small cucumbers
- 2-4 celery stalks
- 1 large handful of kale
- 1 large handful of spinach
- 1 head of lettuce, cored and chopped
- 1 small handful of parsley
- 1/2 lemon, peeled
- 1 lime, peeled
- 1 small piece of fresh ginger

#### Directions

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

### Hardcore Green Juice

#### Ingredients

- 2 green apples
- 2-4 celery sticks
- 2 handfuls of Spinach
- 2 large handfuls of kale
- 1 handful of Parsley
- 3-4 dandelion leaves
- 1 lime, peeled

#### Directions

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

## **Minty Green Juice**

### **Ingredients**

- 1 medium cucumber
- 1 lettuce, cored and chopped
- 1 small handful of mint
- 1 large handful of chard
- 1 lemon, peeled
- 2 green apples or pears

### **Directions**

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

## **Beetroot Juice**

### **Ingredients**

- 2 large raw beetroots, chopped
- 2 carrots
- 2-4 sticks of celery
- 2 cucumbers
- 1 handful of parsley
- 1 small piece of fresh ginger
- 1 lemon, peeled

### **Directions**

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

## **Classic Healing Juice**

### **Ingredients**

- 4-6 carrots
- 1 small piece of ginger
- 2-3 apples

### **Directions**

1. Place all items into the juicer and juice
2. Pour juice into your favourite glass and add ice cubes if desired

## NUT MILKS

### Basic Almond Milk

#### Ingredients

300g almonds (soaked for about 6-8 hrs)  
600ml filtered water  
Sea salt to taste

#### Directions

1. After nuts are soaked, rinse off and add 600ml of filtered water
2. Blend everything till smooth
3. Strain through a nut milk bag or muslin
4. Dehydrate the nut pulp and store in an airtight container to use a flour in other recipes

### Hazel Nut Milk

#### Ingredients

150g almonds (soaked for about 6-8 hrs)  
150g hazel nuts (soaked for about 6-8 hrs)  
600ml filtered water  
Sea salt to taste  
4-6 tsp agave nectar  
1/2 vanilla bean (adding the seeds only)

#### Directions

1. After nuts are soaked, rinse off and add 600ml of filtered water
2. Blend everything till smooth
3. Strain through a nut milk bag or muslin
4. Dehydrate the nut pulp and store in an airtight container to use a flour in other recipes

## **Maple Pecan Milk**

### **Ingredients**

150g raw pecans (soaked for about 6-8 hrs)  
300ml filtered water  
30-50ml maple syrup  
2 tsp vanilla extract  
½ tsp ground cinnamon  
½ tsp ground nutmeg  
¼ tsp of rock or sea salt

### **Directions**

1. After nuts are soaked, rinse off and add 600ml of filtered water
2. Blend these two ingredients until they are smooth
3. Strain through a nut milk bag or muslin
4. Pour the nut milk back into the rinsed blender and add all the other ingredients and blend well.
5. Dehydrate the nut pulp and store in an airtight container to use a flour in other recipes

## **Chocolate Milkshake**

### **Ingredients**

300g brazil nuts (soaked for about 6-8 hrs)  
300ml filtered water  
3 large bananas  
3 tbsp. raw cacao powder  
4-6 pitted dates, chopped (optional)  
1 tsp cinnamon  
¼ rock or sea salt

1. After nuts are soaked, rinse off and add 600ml of filtered water
2. Blend these two ingredients until they are smooth
3. Strain through a nut milk bag or muslin
4. Pour the nut milk back into the rinsed blender and add all the other ingredients and blend well.
5. Dehydrate the nut pulp and store in an airtight container to use a flour in other recipes

## TEAS THAT HEAL

Warm Ginger, Lemon & Salt Tea

Alkalizing, detoxifying, stimulating, anti-fungal and antibacterial

Wormwood, Walnut Leaf, Clove Tea

Anti-fungal, antibacterial, antiviral and detoxifying (You can add Catnip to this mix)

Ginger, Lemon and/or Orange, Cinnamon, Turmeric, Garlic and Honey

Coughs and colds, immune support and antiviral.

Elderflower Tea

Coughs and colds and detoxifying

Peppermint Tea

Natural stimulant, digestive aid and expectorant (lemongrass is also a great addition to peppermint, it's tasty and aids good digestion as well)

Orange Blossom Tea

Quietens the mind

Jasmine Tea

Antidepressant, antiseptic, helps with sleep, expectorant and calming (I use the jasmine flowers to make tea, but you can get jasmine green tea in most health food stores, which has the added benefits of green tea)

Lemon Balm Tea

Calming and antiviral (especially effective for the herpes virus / cold sores etc)

Borage, Liquorice and Ginseng Tea

Adrenal / hormonal support

Chamomile, Lavender & Rose-hip Tea

Aids better and most restful sleep (you only need a couple of small petals of rose-hip in each pot, as a little goes along way and if you consume too much it can actually do the opposite and cause nightmares)

### **PLEASE NOTE –**

It's very important before using any herbs that you check for side-effects to any medications you may be taking, any health concerns you have and if you are pregnant or breast feeding.

Try where possible to purchase organic, unbleached and not chemically sealed teabags if you are not making your teas up from fresh and / or dried herbs as there are a lot of toxic chemicals in many brands of tea-bags.

## BOOKS THAT HEAL

Longevity Now – David Wolfe  
Is it Me or My Adrenals? – Marcelle Pick  
Adrenal Fatigue – James Wilson  
Could it be B12: An Epidemic of Misdiagnoses - Sally M. Pacholok  
Cooking Without (Vegetarian and meat version available) –  
Barbara Cousins  
Food Enzymes: The Missing Link to Radiant Health – Humbart  
Santillo  
Raw Food – Ani Phyo  
Easy Raw Vegan dehydrating – Kristen Suzanne's  
How Your Mind Can Heal Your Body – David Hamilton  
It's the Thought That Counts - David Hamilton  
Mind Calm – Sandy Newbigging  
Body Calm – Sandy Newbigging  
Healing Breakthroughs – Dr Larry Dossey  
The Biology of Belief – Bruce Lipton



**Tel** 0788 968 1205 **Email** [faith@faithcanter.com](mailto:faith@faithcanter.com)

**Web** [www.faithcanter.com](http://www.faithcanter.com) **Address** Edinburgh, EH12 8TG

