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JUICING



JUICES & SMOOTHIES

Berries

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ENERGIZING - DETOX - ANTIOXIDANT

JUICES & SMOOTHIES

Published by:
**STANDARD INTERNATIONAL
PRINT GROUP**
www.stndpub.com
eMail.sales@stndpub.com
Tel: +1 (954) 580-6662
©Standard International
Print Group

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ISBN: 9781600813375
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Publication Date 2022

JUICES & SMOOTHIES **Berries**



ENERGIZING - DETOX - ANTIOXIDANT



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PEAR & BLUEBERRY

INGREDIENTS

- 9 oz/250 g blueberries
- 4 pears
- 1 lemon
- ½ cup almond milk
- Crushed ice, to taste
- 2 tsp sugar
- Blueberries and diced pears, to garnish

PREPARATION

1. Wash the blueberries thoroughly. Peel the pears and remove the stems and seeds. Peel the lemon.
2. Put the fruit, almond milk, crushed ice and sugar in a blender and blend until obtaining a frothy mixture.
3. Garnish each glass with tiny blueberry and diced pear brochettes.

ANTIOXIDANT



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	249,7 kcal
Protein:	3,1 g
Fat:	2,4 g
Carbohydrates:	54,8 g

Tip

Although they are different in flavor and texture, pears and apples can be exchanged in desserts and smoothies without a problem.

Blueberries

They have antioxidant and anti-inflammatory properties thanks to the polyphenols and vitamin C that they contain.





COCOBERRY

INGREDIENTS

- 7 oz/200 g raspberries
- Crushed ice, to taste
- 5 fl oz/150 ml coconut cream
- 10 fl oz/300 ml pineapple juice
- Raspberries and mint leaves, to garnish

PREPARATION

1. Put the raspberries, crushed ice, coconut cream and pineapple juice in a blender and blend until smooth and frothy.
2. Serve in glasses and garnish each one with fresh raspberries and mint leaves.

DETOX 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	243,7 kcal
Protein:	3,3 g
Fat:	18 g
Carbohydrates:	21,7 g

Tip
To make homemade pineapple juice, peel a fresh pineapple, remove the core, cut in pieces and blend in a blender with 6 cups of water. Sweeten to taste.



Pineapple
This fruit is an excellent natural diuretic. It helps eliminate liquid and toxins from your body.



BLUEBERRY & AVOCADO

INGREDIENTS

- 10.5 oz/300 g blueberries
- 1 avocado
- 2 tbsp flax seeds
- 4 cups water
- Honey, to taste
- Granola, to garnish

PREPARATION

1. Wash the blueberries. Peel the avocado and remove the pit. Grind the flax seeds with a mortar, grinder or food processor.
2. Put half of the water and the rest of the ingredients in a blender. Blend well and verify thickness. Add the rest of the water if you prefer a thinner consistency.
3. Sweeten with honey to taste and garnish each glass with a spoonful of granola.

ANTIOXIDANT



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	108,7 kcal
Protein:	1,6 g
Fat:	7,9 g
Carbohydrates:	9 g

Tip

To know whether the avocado is ripe, check the spot where the stem used to be. If it is green, the avocado is still not ready to be eaten; if the spot is yellowish, the avocado can be consumed.

Granola

Granola is a mixture of rolled oats, nuts, raisins and honey, baked at low temperature until it is dry and crunchy. It is very nutritious but it has a lot of calories, so it must be consumed in moderation.





BLACK FOREST

INGREDIENTS

- 7 oz/200 g cherries
- 2 frozen bananas
- 4 tbsp cocoa powder
- 2 tbsp honey
- 12 fl oz/350 ml almond milk
- Grated bittersweet chocolate and cherries, to garnish

PREPARATION

1. Wash the cherries, remove the stems and pits. Peel the bananas and cut them into pieces.
2. Put the cherries, bananas, cocoa powder, honey and almond milk in a blender and blend for about 3 minutes, until the mixture is smooth and frothy.
3. Serve immediately and garnish with grated bittersweet chocolate and cherries.

REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	230 kcal
Protein:	6,1 g
Fat:	3,5 g
Carbohydrates:	41,1 g

Tip

Honey can be avoided if the bananas are ripe. If you wish to provide your smoothie with a green touch, you could add an avocado or a few fresh spinach leaves.



Cocoa
Flavanols present in cocoa can contribute to a feeling of well being: they help improve your good mood.



PEACH & RASPBERRY

INGREDIENTS

- 1 cup diced peach
- 2 cups almond milk
- 4 tsp honey
- 1 cup diced mango
- Crushed ice, to taste
- 1 cup frozen raspberries
- Juice of 1 orange
- Fresh peach, to garnish

PREPARATION

1. Put the peach, mango, almond milk, 2 tsp honey and ice in a blender. Blend to integrate and reserve in the refrigerator.
2. Blend the frozen raspberries with the orange juice and 2 tsp honey.
3. To serve, pour the peach and mango preparation into glasses first. Then add the raspberry mixture carefully, making it fall over the back of a spoon so that it stays over the first preparation.
4. Garnish the smoothies with fresh peach slices.



Frozen raspberries
 Frozen fruit maintains all the properties of fresh fruit. When frozen at home, the consistency may change when it defrosts since larger water crystals are formed, breaking the cellular structure of fruit.

HYDRATING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	131 kcal
Protein:	3,5 g
Fat:	1,8 g
Carbohydrates:	27,3 g

Tip
 Those allergic to nuts may replace almond milk with any other plant based milk such as oat or rice milk, or even skim milk.



BLACKBERRY MILKSHAKE

INGREDIENTS

- 9 oz/250 g frozen blackberries
- 2 tbsp sugar
- 8.5 fl oz/250 ml milk
- 9 oz/250 g cream or vanilla ice cream
- Blackberries and fresh mint leaves, to garnish

PREPARATION

1. Mix the berries and sugar and macerate for at least 30 minutes.
2. Put the macerated blackberries, milk and ice cream in a blender and blend until obtaining a smooth, integrated mixture.
3. Serve in glasses and garnish each one with blackberries and fresh mint leaves.

REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	229,4 kcal
Protein:	4,8 g
Fat:	7,3 g
Carbohydrates:	36 g

Tip

There is a great advantage to using frozen fruit: beverages are chilled without the need to add ice and the flavor remains the same.

Sugar
Instead of regular sugar, try using whole cane sugar: in addition to more carbohydrates you also get extra minerals and vitamins.





BERRY LEMONADE

INGREDIENTS

- ½ cup sugar
- Water, enough for boiling
- 2 cups berries
- 4 large lemons
- Ice, to taste
- Berries, to serve

PREPARATION

1. Put sugar, water and berries in a saucepan. Cook over low heat until the berries soften.
2. Strain the mixture and reserve the liquid.
3. Squeeze the lemons. In a large jug, put the lemon juice, the berry preparation, ice to taste and some more fresh berries.
4. Stir well and serve in glasses with straws.

HYDRATING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	147 kcal
Protein:	1.2 g
Fat:	0.7 g
Carbohydrates:	33.9 g

Tip

The yellow part of lemon peel has lots of nutrition properties. To take advantage of it, wash the lemons well and zest the skin, adding it to your drink.



Blackberry

It is a great ally of skin care. It contains vitamin C and flavonoid, which help in the production of collagen, hydrating and rejuvenating your skin.



APPLE & STRAWBERRY

INGREDIENTS

- 4 apples
- 30 oz/200 g strawberries
- Juice of 2 oranges
- Crushed ice, to taste
- Mint leaves, to garnish

PREPARATION

1. Wash the fruit well. Peel the apples and remove stems and cores. Remove strawberry stems.
2. Blend all ingredients with ice until the mixture has the desired consistency.
3. Serve the smoothies cold, with straws. Garnish each glass with fresh mint leaves.

Apples

Apples are a very popular fruit because they can be consumed without a lot of preparation (they can even be eaten whole) and because they have very few calories but lots of nutrients.



DETOX



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	114,9 kcal
Protein:	1 g
Fat:	1 g
Carbohydrates:	26,1 g

Tip

Apple peel contains lots of fiber. You may incorporate some to your smoothie. You can also use it to make an infusion, boiling 4 cups of water with the peel of 4 apples.



Beetroot
Betaine is the pigment that provides beetroot with its color. It is recommended for its fiber and antioxidant effect.



BEETROOT & RASPBERRY

INGREDIENTS

- 1 cup cooked, peeled and diced beetroot
- 1 cup natural yogurt
- 1 ¼ cup skim milk
- 2 cups frozen raspberries
- Juice of 1 lemon
- 2 ripe bananas
- Sugar or sweetener to taste
- Lemon slices and rosemary twigs, to garnish

PREPARATION

1. Put the beetroot, yogurt, skim milk, raspberries, lemon juice and bananas in a blender. Blend until smooth and well integrated.
2. Sweeten to taste and serve in glasses or jars. Garnish each one with lemon slices and rosemary twigs.



Tip
Yogurt provides thickness to this preparation and satisfies hunger for a longer time. Avoid yogurt if you prefer a lighter beverage for a detox effect.

DETOX 	
NUTRITIONAL FACTS	
Portion:	1 glass
Calories:	146,5 kcal
Protein:	5,8 g
Fat:	2,5 g
Carbohydrates:	26,2 g



CHERRY & PEANUT BUTTER

INGREDIENTS

- 1 frozen banana
- 2 cups cherries
- 2 tbsp peanut butter
- 2 cups oat milk
- 1 cup natural yogurt

PREPARATION

1. Peel the banana and cut it into pieces. Wash the cherries, remove stems and pits.
2. Put all ingredients in a blender. Blend until obtaining a smooth mixture.
3. If you prefer a thinner preparation, add some more oat milk. Serve the smoothies right away.

REVITALIZING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	275 kcal
Protein:	9 g
Fat:	8,5 g
Carbohydrates:	42,8 g

Tip

The banana can be replaced with 1 cup frozen cauliflower. Peanut butter can be substituted with almond butter.



Peanut butter
Peanut butter is ideal to satisfy hunger. It provides fat, protein and fiber, therefore you will not feel hungry for a long while after consuming it.



BLUEBERRY & BANANA

INGREDIENTS

- 1 banana
- ½ cup blueberries
- Zest and juice of 1 orange
- 2 tbsp soaked chia seeds
- 1 cup coconut milk
- Crushed ice, to taste
- Fresh blueberries and coconut flakes, to garnish

PREPARATION

1. Put the banana, blueberries, orange juice and zest and crushed ice in a blender. Blend until all ingredients are integrated.
2. Soak the chia seeds in coconut milk for 5 minutes to activate them. Add them to the smoothie.
3. Serve in glasses and garnish with fresh blueberries and coconut flakes.

Coconut milk
It contains triglycerides that help prolong satisfaction after we eat, helping us avoid excessive eating.

ANTIOXIDANT



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	292 kcal
Protein:	3,9 g
Fat:	22,2 g
Carbohydrates:	23,8 g

Tip

For a thicker consistency, keep the drink in the refrigerator for a couple of hours. Chia seeds contain mucilage that is activated in contact with liquid, and they add fiber and texture to your smoothie.





STRAWBERRY & ORANGE

INGREDIENTS

- 6 oranges
- 10 frozen strawberries
- 1 tsp fresh ground ginger
- Orange slices and whole strawberries, to garnish

PREPARATION

1. Squeeze the oranges and put the juice in a blender.
2. Add the strawberries and ground ginger, and blend until integrated.
3. Serve in glasses garnished with orange slices and whole strawberries.

HYDRATING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	92 kcal
Protein:	1.6 g
Fat:	1.4 g
Carbohydrates:	20,7 g

Tip

Orange juice with berries is not only highly hydrating but also a great ally of your immune system. You may replace strawberries with cherries or any other berry available.

Strawberries

Strawberries are rich in vitamin C, which enables the absorption of iron. It is recommended to combine strawberries with foods that contain iron for better absorption.





GRAPE & BLUEBERRY

INGREDIENTS

- 17 oz /500 g red grapes
- 8.5 oz/250 g blueberries
- 1 tbsp wheat germ
- Crushed ice, to taste

PREPARATION

1. Wash all the fruit carefully. Separate the grapes from the pedicels and remove the seeds. Put the fruit in a blender together with the wheat germ.
2. Blend all ingredients. You may also use a juice extractor to obtain juice.
3. In both cases, add water if you prefer a thinner consistency. Serve with ice to taste.

HYDRATING



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	158 kcal
Protein:	1.7 g
Fat:	0,9 g
Carbohydrates:	41 g

Tip

You may replace red grapes with white ones. They may be slightly acidic, in which case honey, sugar or any other artificial sweetener can be added.

Grapes
Grape skin has antioxidant properties, so it is recommended to wash grapes well and eat them whole.





LIME, PEACH & CHERRY

INGREDIENTS

- 1 ripe peach or nectarine
- 1 cup pitted cherries
- ¾ cup water
- Juice of 1 lime
- Crushed ice, to taste
- Lime, to garnish

PREPARATION

1. Peel the peach or nectarine and cut in cubes. Put it in a blender together with the cherries, water, lime and crushed ice. Blend until smooth and frothy.
2. Pour the smoothie into glasses and garnish with lime slices.



Cherries
Cherries are excellent for depuration: they accelerate bowel transit time and help eliminate toxins.

Tip

Lime is generally less juicy than lemon, but it has more aroma and it is slightly sweeter. Nevertheless, lemon can be a good replacement in this preparation.

DETOX



NUTRITIONAL FACTS

Portion:	1 glass
Calories:	100,3 kcal
Protein:	1,4 g
Fat:	0,6 g
Carbohydrates:	22,3 g

NATURAL YOGURT

INGREDIENTES (12 PORTIONS)

- 70 fl oz/2 l milk
- 7 fl oz/200 ml unsweetened natural yogurt

PREPARATION

1. Put the milk in a metallic saucepan and place over medium heat.
2. Heat until it reaches 122°F/50°C. If you do not have a thermometer, touch the milk with the back of your finger and keep it there for 10 seconds: it should neither burn you nor feel lukewarm.
3. Remove from heat and add the yogurt.
4. Whisk slowly until it integrates.
5. Now it is critical to keep the saucepan at the same temperature for 6 hours. Keep the lid on, wrap it in plastic and cover it with a towel or blanket. Leave it in a warm place; it can be inside the turned off oven, near the burners or any other warm spot in your home.



