

Summer Lovin'

...happens so fast!

Smoothly does it with this magnificent and quick way to healthy eating!

From apples to watermelons and asparagus to turnips, fruit and vegetables play a crucial role in a healthy diet, offering protection against diseases and providing essential fibre, vitamins and minerals your body needs to stay in good shape. They contain antioxidant vitamins A, C, and E, which are amazing at fighting off free radicals that damage the body's cells. Five portions of fruit and veg a day is the recommendation but many people don't even manage this. If you're falling short, boost your intake the fun 'n' fruity way, with these mouthwatering smoothie delights!

Ginger Grapes

This refreshing juice is a great way to start the day! It will clear your head and cleanse your system.

About 25 red grapes

5cm (2 in) fresh ginger, peeled

1 lemon, peeled

100ml (3.5 fl oz) water

to dilute - sparkling or

still

Rinse the grapes, peel and chop the lemon, reserving a twist of peel for garnish. Peel the ginger. Juice the ingredients and combine in a glass. Top up with sparkling water.

After Eight

Perfect blended with some ice for a really long, cool drink - perfect to perk you up after a long day.

*3 kiwi fruit
1 apple
8 sprigs mint (leaves and stems)*

Juice the mint, reserving a small sprig. Peel the kiwi fruit and chop. Juice. Chop the apple and juice. Combine the ingredients in a glass and decorate with mint.

Mango Fix

Before juicing, inhale the glorious, floral fragrance of the mango and then, once it has been pulverized along with the pineapple, enjoy the tangy taste of this energy-enhancing juice.

*1 mango
Half a pineapple*

Cut the pineapple flesh from the skin and juice. Remove the stone from the mango by slicing it in to quarters. You can juice the skin but wash it first. Stir the juices together in a glass garnished with a slice of pineapple.

Anti-aging Avocado, Tomato, Coriander

This is guacamole in a glass - and no less delicious. Excellent for the skin, avocados are packed with goodness.

*Half an avocado (stone removed)
4 tomatoes
2 sprigs of coriander*

Remove the stone from the avocado and scoop out the flesh. Combine the ingredients in a blender (avocados do not juice well) and garnish with a sprig of coriander.

The Soothing Green One

This juice is rich in zinc and other trace minerals, which helps the skin to recover from an eczema attack. Zinc is particularly important as it helps wounds to heal and the iron present in the watercress promotes good skin tone.

*3/4 cucumber
Half an avocado (stone removed)
Handful of watercress
Sprig of parsley*

Remove the stone from the avocado and scoop the flesh in to the blender. Either juice the cucumber and watercress and add the juices to a blender with the avocado, or put all the ingredients in the blender and whizz to a smooth consistency.

Fertile Pear

Melons have always been symbolically associated with fertility and their image is reinforced by their goodness. Pears are rich in folic acid and melons have a gentle cleansing effect on the body so this is a good juice for women preparing for conception.

*1 pear
Half a cantaloupe melon*

Remove the woody stem from the pear and chop in to quarters. Scoop the seeds from the melon and cut off the rind. Juice the pear, followed by the melon and combine the juices in a glass.

Strawberry Smoothie

The colour might appeal more to girls than boys, but the ingredients produce an irresistible combination of flavours.

*150g (5 oz) strawberries
1 banana
1 orange*

Wipe the strawberries, and hull them. Peel the banana and chop into chunks. Peel the orange and break in to segments. Put the whole lot into a blender and whizz until creamy. Add ice or a little freshly squeezed orange juice to dilute if desired.

Photograph:
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