



Colorfully Mixed
Smoothie Recipes

Eat **5 servings**
of vegetables
and fruits daily.

1 serving is equal to **120 g**
or about 1 handful.

With just one **glass**
of smoothie (2 dl)
you already cover one
«5 a Day» serving.



What does «5 a Day» mean?

- Enjoy 3 servings of vegetables and 2 servings of fruit daily.
- Fresh, frozen, raw or cooked: everything counts. Keep it colorful.
- Vegetables and fruits are full of vitamins and good for your body.

«5 a Day» – Simply Good for You!

Add variety to your everyday diet and mix nature's colorful treats to your heart's content. Simply add seasonal vegetables and fruits to a mixer, briefly blend, and your natural power drink is ready to enjoy.

A fresh smoothie does a lot for your well-being and health. Just one glass (2 dl) of smoothie covers one of the five recommended servings of vegetables and fruits per day.

Use ripe vegetables and fruits as often as possible. Then your smoothie will taste even yummier. By the way: Instead of natural, unfiltered apple juice, you can also use clear apple juice or replace the juice with water.

«5 a Day» wishes you fun and nutritious smoothie experience!



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«5 a Day» in a Glass



1 glass (2 dl) of smoothie can cover 1 serving of «5 a Day».



Boost your daily vegetable intake by mixing together vegetables such as kale leaves, carrots, lamb's lettuce, fennel and beets.



Use as much of the vegetable and fruit as possible: for example, include the apple peel too. That way, more healthy substances enrich your smoothie.



Water can be used instead of orange or apple juice in smoothie preparation.



If you like creamier smoothies, mix in more bananas, mangoes, peaches or currants.



Frozen vegetables or fruits, such as spinach or berries, are also ideal for preparing smoothies.



To sweeten a smoothie, fruits such as kakis, dates or bananas can be used.





Popeye's Delight

For 2 servings

3 cm cucumber, unpeeled
½ ripe kiwi
½ green apple, e.g. Greenstar
2 handfuls of spinach leaves
2.5 dl apple juice, e.g. unfiltered

Preparation

Cut the ingredients into pieces and blend them together with the spinach and juice in a mixer.

For 2 servings

½ banana
¼ pineapple
1 small carrot
2.5 dl orange juice

Preparation

Cut ingredients into pieces. Then puree in a mixer.

Pineapple Kick





Red Chigolo

For 2 servings

6 red chicory leaves
1 banana
50 g blueberries
2 dl apple juice, e.g. unfiltered

Preparation

Wash the chicory leaves; cut away the white part and tear the leaves into small pieces. If you like a more bitter taste, use the entire chicory leaf. Puree the chicory pieces together with the blueberries, banana and apple juice in the mixer.

For 2 servings

2 handfuls of spinach leaves
¼ green melon
½ mango, peeled
2.5 dl orange juice

Preparation

Wash the spinach and shake it dry. If you'd like, you can use 2-3 cubes of frozen, unseasoned spinach instead. Cut the melon and mango into pieces. Puree all the ingredients together in a mixer.

Mango Tango





Roger Rabbit

For 2 servings

1 kaki
1 small carrot
120 g pumpkin flesh
3 dl orange juice

Preparation

Cut the ingredients into pieces and blend together with the orange juice.

For 2 servings

120 g cauliflower
¼ pineapple
½ mango
1 dl coconut milk
2 dl water

Preparation

Separate the cauliflower into florets. Cut the pineapple and mango into pieces. Puree all the ingredients together in a mixer.

CocoCaulana





Green Power

For 2 servings

2 handfuls of broccoli
1 green apple, e.g. Greenstar
1 banana
3 dl apple juice, e.g. unfiltered

Preparation

Separate the broccoli into florets. Cut the apple and banana into pieces. Puree all the ingredients together in a mixer.

For 2 servings
120 g red cabbage
2 plums, pitted
1 banana
2.5 dl orange juice

Preparation

Cut the ingredients into small pieces, place into a mixer, add the orange juice, and puree together.

Purple Brain





Happy Morning

For 2 servings

½ yellow bell pepper
1 small ripe pear
½ banana
2.5 dl orange juice

Preparation

Cut all the ingredients into pieces, place in a mixer, add the orange juice, and puree together.

For 2 servings

½ cucumber, unpeeled
½ small fennel bulb
1 banana
3 dl orange juice

Preparation

Cut all the ingredients into pieces, place in a mixer, add the orange juice, and puree together.

Vitamin Flash



«5 a Day» is a Swiss Cancer League campaign for the promotion of vegetable and fruit consumption.

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