



Kickstart to  
Summer edition

# 7day

SMOOTHIE CHALLENGE

“Recipes specifically designed to help you feel your best, just in time for summer.”

RECIPE BOOK  
brought to you by





## Welcome

The 7 Day Smoothie Challenge is back and we're kick-starting into summer!

7 amazing ambassadors have brought their favourite smoothie recipe to you. Expect to up your fruit and vegetable intake through these smoothies, and say goodbye to the heavy foods of winter! The goal - a healthier and happier you!





## Bio

**Maddie Race** is a certified Health Coach, cooking teacher, recipe developer, blogger and mother of 2. Maddie is passionate about inspiring families to be healthy and happy. She is passionate about cooking and creating great food using real ingredients. Maddie is well known for her 7 day smoothie challenges and delicious, inspiring and healthy smoothie recipes.

[www.maddierace.com.au](http://www.maddierace.com.au)

*"I am so glad that the Optimum range of blenders came into my smoothie world. From the moment you pop your ingredients into the BPA free plastic jug, I have 100% confidence that in under a minute I will have a perfectly blended, creamy smoothie. The G2.1 Optimum blender surpasses any other blender, bullet or Thermomix. Stylish design, precise automated functions - it is a foodies best friend!"*



## Nutrition

We are kicking off with the one and only Maddie Race, who is bringing you a Choc-Berry Beet Smoothie. This smoothie is delicious and earthy, starring the beautiful vibrant vegetable - the Beetroot. Beetroots are great for boosting stamina, is known to reduce high blood pressure and with the addition to my hidden greens in this recipe, it is a perfect detox blend. Packed with vitamins and minerals, your body will be glowing from the inside out after Maddie's choc-berry beet.

## BERRY CHOC BEET

- 1/2 beetroot
- 1/2 apple
- 1/2 orange
- 1 cup strawberries [fresh or frozen]
- 1 cup baby spinach
- 1 tablespoon cacao powder
- 1/4 cup cashews
- 250 - 300mls coconut water
- handful ice



## Bio

**Lisa Mattes:** Healing herself from allergic skin rashes through juicing and a change of mindset was Lisa's inspiration to create ROHTOPIA. Discover over 100 free recipes, natural skin + beauty care ideas as well as guided meditation + yoga, as ROHTOPIA is all about holistic wellbeing - about what you put into your body, what you put onto your skin, and what allow in your head and heart.

[www.rohtopia.com](http://www.rohtopia.com)

*"The G2.1 is just next level! I have worked with blenders for years, but never came across any that would let you go do other things while they do the job for you! Thanks to preset programs and a sturdy base, this is now possible - love it!"*

**ROHTOPIA**  
Holistic Lifestyle Design



## Nutrition

We are joined by Lisa Mattes, from Rohtopia, who is bringing you a Key Lime Pie Smoothie. This smoothie is chock-full with micro nutrients and chlorophyll from leafy greens, healthy fats from avocado and vitamin C from lime. It is low in sugar if you choose to use stevia, and will keep you energized and happy for hours with it's blended creaminess.

### KEY LIME PIE SMOOTHIE

- 1 avocado
- 1 cup leafy greens - spinach (mild) or kale (a bit stronger in flavour)
- 1-2 limes, depending on juiciness
- ½ vanilla bean or ½ tsp extract
- 2-3 cups coconut water / water / light coconut milk / almond milk
- 3-4 pitted dates or sweetner of choice: Stevia/Xylitol



## Bio

**Deborah Murtagh** is one of the world's leading weight loss coaches with students in over 47 countries now enjoying life 8,800 pounds lighter. For over 23 years Deborah has been inspiring women to lose weight and has featured alongside internationally recognized leaders like Dr Bruce H. Lipton & Dr Joe Dispenza in her mission to share her knowledge.

[www.wholefoodsecrets.com](http://www.wholefoodsecrets.com)

*"I am absolutely in love with Froothie's brand new blender, the Optimum G2.1. I can't express how much this blender has blown any other blender away that I've ever tried... Froothie's new Optimum G2.1 has my personal, full recommendation."*

whole food secrets  
wholefoodsecrets.com



## Nutrition

We are here with Deborah Murtagh, from Whole Food Secrets, who is bringing you an Anti-Inflammatory Fire Fighter Smoothie. This smoothie is designed to fight inflammation in your body. One of the key ingredients is turmeric, which is well known for its anti-inflammatory and healing properties. One tea spoon of turmeric a day is said to be as effective as many non-steroidal anti-inflammatory drugs, so not only does this smoothie taste fantastic, it can help reduce your aches and pains.

## FIRE FIGHTER SMOOTHIE

- 1 banana, frozen
- 1 tbs Manuka honey
- 1 tbs coconut oil
- 1 tsp turmeric, or small piece of fresh
- 1 tsp ground cinamon, or 1 stick
- 1cm cube ginger root
- 2 cups almond milk



## Bio

**Sarah Lemkus** is a social media influencer who promotes eating well through plant-based nutrition. After trying a number of quick fix diets, she discovered eating a diet packed with plant foods would not only help her lose weight but also help balance her hormones. She now inspires thousands of woman around the world to eat well and shine from the inside out! Follow Sarah on YouTube and Instagram as she shares her 'Eat well with Sarah' recipes, daily inspiration, health tips and much more!

[www.sarahlemkus.com](http://www.sarahlemkus.com)

*"Breakfast, lunch and even dinner would not be the same without my G2.1 Optimum blender. With its touchscreen and walk away blending settings, it makes it that much easier when running around the kitchen with a toddler. It's definitely the best blender on the market."*

*Sarah Lemkus*  
EAT WELL WITH SARAH



## Nutrition

Let us introduce Sarah Lemkus, who is bringing you a Blueberries and Cream Smoothie. This smoothie is designed to send your taste buds soaring and contains some barley grass juice powder which is high in vitamin K, A and more!

### BLUEBERRIES AND CREAM

**2 ripe spotty bananas**  
**½ cup frozen blueberries**  
**2 tbs unsweetened coconut yoghurt**  
**2 fresh or frozen passionfruit**  
**1 tsp barley grass juice powder**



## Bio

**Annabel Bateman** is a real food blogger, mediator, wife and mum to 3 boys and now author of her first cookbook: *What Annabel Cooks: Real food recipes that will make you flourish*. She is passionate about eating for wellness as a way to manage her auto-immune thyroid condition and to inspire others to flourish.

[www.whatannabelcooks.com](http://www.whatannabelcooks.com)

*"I have owned an older model Optimum blender which I used for years and loved so was excited to try the G2.1. I love the sleek design, the touch button controls and how powerful it is. Makes fabulous smoothies in less than a minute that are perfect every time."*



## Nutrition

Let's welcome Annabel Bateman, from *What Annabel Cooks*, who is bringing you a Green Smoothie. Annabel's Green Smoothie is a fabulous base for an everyday smoothie. Packed with clean energy from the fruit, leafy green goodness, electrolytes from the coconut water, anti-inflammatory benefits from the turmeric and tummy taming from the ginger oil, it's the perfect start to the day. There's even the protein boost if you use protein powder (or an egg!). I love this smoothie as it's easy to adapt with whatever fruit you have on hand. If you use food grade essential oils you can also try peppermint, lemon, lime or wild orange oils in addition or instead of the ginger.

## GREEN SMOOTHIE

- 1 frozen banana
- ½ cup frozen mango
- 2 x large handfuls of greens [baby spinach/kale/silverbeet]
- ½-1 cup liquid (coconut water, milk of choice, water)
- 1 scoop protein powder [optional]
- 1 drop ginger essential oil (use only food grade)
- ½ tsp turmeric paste



## Bio

**Keren Slutzkin** is a mum of 2 young boys, and the founder of Vital Assurance. She is a holistic Health and Wellness coach that inspires mums and their families to live healthier, happier lives. Keren works with mums all over Australia that are overwhelmed with conflicting information on health, don't enjoy being in the kitchen and need some guidance in making better health and food choices. She is really passionate about food and enjoys creating and sharing nutritious, budget friendly meals.

[vitalassurance.com.au](http://vitalassurance.com.au)

*"I've been making smoothies at home daily for many years now using a range of different blenders. It wasn't until I received my Optimum G2.1 blender that I realised how creamy and smooth a homemade smoothie they can actually be, which has been fabulous for my fussy kids that don't like theirs with 'bits'. Not only does it look good on the bench, but it is also so easy to use (and of course clean!) with the automated, touch screen."*



## Nutrition

We're here with Keren Slutzkin, from Vital Assurance, who is bringing you a Choc Mint Smoothie. This smoothie is a definite crowd pleaser especially with the kids. With each mouthful you will enjoy the choc mint flavour combination whilst feeding your body with fabulous nutrients to fight chronic diseases. The smoothie is loaded with great sources of anti-oxidants, omega 3's and phytonutrients that are all working to reduce any inflammation and oxidative stress within our bodies. This is the perfect combination to keep you feeling full and looking young!

## CHOC MINT SMOOTHIE

- 1 ½ cups almond or cashew milk**
- 1 frozen banana**
- 2 pitted dates**
- 2 tbs cacao nibs**
- 1 tbs cacao**
- ½ tbs flaxseeds**
- 1 tsp vanilla essence**
- Few drops peppermint essence**
- Few fresh mint leaves**
- Handful spinach leaves**



## Bio

**Liz Richards** from Simple Nourishment is super passionate about healthy simple snacks. With dairy intolerance's and other lifestyle choices plus finding fuel for an active household her journey identified that snacks foods were the most challenging part of our diets. It also identified that it was the most overindulged and underrated part too! Liz is bringing back the basics and simplifying ingredients & methods that will have us in our kitchens and loving it!

[www.simplenourishment.com.au](http://www.simplenourishment.com.au)

*"As you know I'm from Simple Nourishment and we just look at using lots of whole, simple foods, but making it real – and making it achievable. My Optimum G2.1 does that because it's got a huge motor, and when I'm making my smoothies; I love thick and so do our children, so this [blender] just gets in there and gets the job done!"*



## Nutrition

We are finishing with Liz Richards, from Simple Nourishment, who is bringing you a Choc Berry Zinger Smoothie. This recipe is great for fighting off all those nasty viruses and bacteria from winter! Packed full of Vitamin C and antioxidants, you can say goodbye to the cold and really enjoy this upcoming summer.

### POWER BERRY

- ½ cup raspberries (frozen)
- ½ cup blueberries (frozen)
- ½ cup strawberry (frozen)
- ½ cup ice cubes
- ½ cup baby spinach leaves
- 3 tbs carob powder or cacao powder
- ¼ cup cashews
- ¼ tsp fresh ginger (increase or decrease dependent on your love of zing! This amount is really subtle and my children (3 & 5) will drink it)
- ½ cup coconut milk or cream
- 1 cup milk of your choice



# INTRODUCING THE OPTIMUM G2.1 PLATINUM SERIES VORTEX BLENDER

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