



CHINNY HEAL *Smoothies*

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Delicious
Healing
Smoothie
Recipies

- Cholesterol/Blood
- Digestion
- Intimacy
- Brain
- Workout
- Chinny's Favourite



Cholesterol/Blood

Cholesterol smoothie

- 1/4 cup of Cucumber
- 1 Garlic clove
- 1/2 Pear
- 1/2 Apple
- 1/4 cup of Water to blend

Blood pressure

- 1 cup of Beetroot
- 1/2 cup of Pineapple
- 4 carrots Carrot
- 1/4 cup of Water
- 1tbs Honey (optional)
- 1/4 cup of Water to blend

Cholesterol cleanse

- 1/2 Apple
- 1/2 Pear
- 1 Banana
- Small amount) Ginger
- 1/4 cup of Oats
- 1/4 cup of water





Digestion

Digestion

- 1/4 cup of Paw paw
- 2 Carrot
- 1/4 cup of Mango
- 1/4 cup of water to blend

Rapid cleanse

- 1 Apple
- 1 and half GARLIC glove
- 1/4 cup of PINEAPPLE
- 1/4 cup of SPINACH
- 1/2 cup of Greek yogurt to blend.

Rapid cleanse 2


- 1 kiwi
- 1/2 cup of paw paw
- 1/4 of prune juice
- Ginger
- 1/4 cup of water to blend



A photograph of a couple's feet and hands clasped together on a bed, with a patterned overlay of various fruits and vegetables. The background is a soft-focus image of a couple's feet and hands clasped together on a bed. The foreground features a patterned overlay of various fruits and vegetables, including watermelon, strawberries, bananas, and carrots, in a light, sketchy style. The overall color palette is soft and natural, with greens and pinks.

Intimacy

Twice as wet

- 1 cup of Watermelon
- 1/4 cup of Strawberry
- 1 Banana
- Blend with 1/4 cup of tiger nut milk 

DARK Temptation

- 2 tbsp of cacao powder
- 1 tbsp of RAW HONEY
- 1 Banana
- 1tsp of MACA POWDER)
- 1 tbsp of Peanut butter
- 1tsp of Vanilla extract
- Small amount (fig)
- 1/4 cup of Coconut water to blend

In the mood

- 1 cup of Coconut
- 1/2 cup of DATES
- 1 tsp honey
- 1 cup of TIGERNUT
- 1/4 cup of IRISH (CREAM) (optional)
- Blend with 1/2 cup of water
- Sieve mixture to remove the juice, enjoy and drink




Intimacy

Tease

- 1 cup of Pineapple
- Small amount Ginger
- 1/2 cup of AVOCADO
- 1tsp of Cinnamon
- 1/4 cup of Almond milk to blend

RED Hot

- 1/4 Red sweet pepper
 - 1 Banana
 - 1cup of Spinach
 - 1 Red Apple
 - 1/4 cup of Natural yogurt to blend
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Brain

Headache

- 1 cup of water melon
- 1/4 cup of cucumber
- Ginger
- 1 cup of spinach
- 1/4 cup of rolled oats.
- 1/4 cup of coconut water to blend

Brain power

- 1/4 cup of Blue Berry
 - 1 cup of Spinach
 - Small amount of Ginger
 - 1 Banana
 - Small amount of Lemon grass
 - Blend with 1/4 cup of water
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Workout

Pre workout boost

- 1/4 cup of Spinach
- 1/4 cup of Pineapple
- 1 Banana
- Blend with 1/4 cup of water

Energetic pro or post

- 1 Banana
- Peanut butter (1tsp)
- 1 Apple
- 2 tsb of oat
- Blend 1/4 cup of Greek or natural yogurt and 1/4 cup of water to blend

Post refill

- 1 red apple
- 1/4 cup of rolled oats
- 1/2 of peeled orange
- 1 tbs of honey

- 1/4 cup of your choice below to blend (pick one)
- Almond milk
- Soya
- Oats milk
- Greek or natural yogurt



Chinny's Favourite

Sweet mouth

- 1/4 cup of Dates
- 1/4 cup of Pineapple
- 1tbs of peanut butter
- 1 Banana
- 1/4 cup of water to blend

Founders favourite

- 1/4 cup of Celery
- 1 English pear
- 1 Banana
- 1/4 cup of rolled oats
- 1 tsp of chia seeds
- 1/4cup of Water to blend

