



## **Sprout Recipes**

### **Smoothies**

#### **THE YAMBLE STANDARD**

- 1 tbsp. oil (olive, sunflower, macadamia, walnut, etc.)
- 12 ozs. water + a couple ice cubes
- 2 inches of cucumber
- ½ celery stalk
- 1 orange
- 1 c. fresh pineapple
- 1 banana
- 3 large leaves of one of: kale, collard, chard; or 2 c. of spinach, green leaf lettuce, bok choy, beet greens, Ceylon, carrot tops, or any other leafy green
- 1 handful of sprouts
- 1 handful mint or parsley, or some basil leaves

#### **EASY GREENS**

- 1 tbsp. oil (olive, sunflower, macadamia, walnut, etc.)
- 12 ozs. Water + a couple of ice cubes
- 1 banana
- 1 apple
- ½ cucumber
- 3 kale leaves
- 1 handful sprouts
- 3 kale leaves or any other mild green (spinach, lettuce)
- ½ small bunch of mint

#### **BITTERSWEET GREENS**

- (the key here is to use more juice or juicy fruit)
- 1 TBSP oil
- 12 ozs. Water + a couple ice cubes
- 1 banana
- 1 c. orange or carrot juice
- 1 cup pineapple
- 1 stalk celery
- 1 handful of sprouts
- 1 handful of herbs (your choice)
- 2 cups of intense greens (curly kale, mustard greens, rocket, dandelion leaves)

### **THE R36**

1 fresh ripe avocado  
1 tsp. vegetable oil  
12 ozs. Water + a couple ice cubes  
1 banana  
1 c. carrot juice  
1 1/2 cups pineapple  
1/2 stalk celery  
1/2 small bunch of mint  
2 – 4 c. spinach, collards, kale, or chard  
1 T. raw cacao nibs or 1 tsp chlorella (both packed with iron to improve stamina)  
1 handful sprouts

### **Roberts Ranch Special**

(for athletes in training)

1 c. pineapple  
1 orange  
1 banana  
6" celery  
1/2 cucumber  
handful of sprouts  
1 c. spinach or chard  
1/2c. yogurt  
1 c. almond milk  
1 T. agave  
2-3 ice cubes  
1 scoop protein powder  
1 t. spirulina  
1 t. mint leaves  
1 emergence C packet

### **Ann Wigmore's Green Drink**

2 c. alfalfa sprouts  
2 c. buckwheat greens  
2 c sunflower greens  
1/2 c. mung sprouts  
1 medium carrot  
1 celery stalk  
1/2 medium cucumber  
4 parsley sprigs  
Juice all ingredients in juicer

### **More Smoothies**

### **Blueberry Smoothie**

4 c. almond milk

1 c. blueberries

1 medium banana

Blend and Serve Chilled

### **Sweet and Spicy**

2 c. alfalfa sprouts

½ c. cabbage sprouts

¼ c. radish sprouts

1 m. cucumber

1 sweet red pepper

1 medium carrot

juice and enjoy!

### **Carob-Coconut Smoothie**

4 T. sesame sprouts (one day old)

2 ½ c. coconut milk

2 T. carob powder

1 T. raw honey

Blend and serve chilled

### **Peachy Cream**

4 c. sesame milk

1 peach, without pit

1 T. vanilla

Blend and serve chilled

### **Strawberry Cream**

2 c. almond milk

2 c. sesame mil

1 c. strawberries

1 T. sweetener (agave, maple, sucanut, honey)

Blend and serve chilled