

Blended Juices and Drinks

I recommend a blended fruit and vegetable juice every morning for at least the first 28 days, and then reduce to two or three times a week. If you have a NutriBullet or a similar blender you can make enough to put in the fridge at work and have a blended juice instead of lunch. These juices really give the brain and body a boost – your entire bodily system is going to be loaded with all the vitamins, fibre and antioxidants it needs to get through the day. Try adding immune-boosting slivers of garlic, ginger, parsley and turmeric.

Nutrient-Rich Smoothie

Here is a list of a few of my favourite fruits and vegetables to blend, but you can also choose your own. Experiment with different versions, but try to aim for a ratio of 60 per cent raw vegetables to 40 per cent fruit (peel, chop and wash the fruit and vegetables first).

Spinach	Celery
Kale	Red grapes
Carrot	Tomatoes
Beetroot (beets)	Watermelon
Blueberries	Strawberries
Nectarine	Pineapple
Mango	

1 Place your choice of fruit and vegetables in a NutriBullet or a similar blender, add filtered or mineral water, blend for a few minutes and then serve.

Carrot, Beetroot and Apple Smoothie

[child-friendly]

275g organic carrots

Half a beetroot (beets)

1–2 small organic eating apples

360ml filtered or mineral water

1 Simply put the ingredients in a NutriBullet or similar blender and blend!

Antioxidant Berry Burst Smoothie [child-friendly]

A handful of blueberries	A handful of kale
A handful of strawberries	1 teaspoon chia seeds
A handful of raspberries	1 teaspoon coconut oil
A handful of spinach	250ml cashew nut or other plant-based milk substitute of your choice

1 Simply put the ingredients in a NutriBullet or a similar blender and blend!

NOTE FOR PARENTS

This selection of ingredients will provide protein, carbohydrates, healthy omega-3 fats and fibre. Berries are considered to stabilize blood sugar levels, are nutrient-loaded, and bursting full of antioxidants.

- Blueberries contain vitamins K and C, fibre, manganese and iron, and are high in anthocyanins (antioxidants), which are nutrient dense.
- Strawberries contain vitamin C, folate, potassium, manganese, magnesium and dietary fibre; they are also high in antioxidants and polyphenols.
- Raspberries contain antioxidants such as vitamin C and quercetin (known to help with allergies), and have been shown to have anti-inflammatory properties.
- Spinach is high in niacin and zinc, as well as protein, fibre, vitamins A, C, E and K, thiamine, vitamin B6, folate, calcium, iron, magnesium and phosphorus. One of its many health benefits is that it helps maintain brain function, memory and mental clarity.
- Kale contains protein, fibre, vitamins A, C and K, the omega-3 alpha-linolenic acid, and folate, which is key for brain development.
- Chia seeds contain fibre, protein, fat, calcium, manganese and phosphorous along with zinc and vitamins B1, B2 and B3. They are the highest combined plant source of omega-3 fibre and protein; they help to support the body's natural detoxification pathways, repair cells, reduce inflammation and support a healthy digestive system.
- Cashew nuts are rich in vitamin B complex, which can help protect from anaemia and keep gums and teeth strong.

Drink Your Berries and Veggies!

[child-friendly]

A handful of blueberries

A handful of strawberries

A handful of cherries, stoned

Raw vegetables: try small amounts of kale, spinach, carrot and/or beetroot (beets)

1 Simply put the ingredients in a NutriBullet or a similar blender and blend!

NOTE TO PARENTS

If you are able to conceal a small amount of parsley, garlic, ginger or turmeric within the juice, please do so! These are immune boosting and are easily masked by adding more of your child's favourite fruit or vegetables. They contain many bioactive compounds that have powerful medicinal properties, such as acting as a natural anti-inflammatory.

Tropical Fruit Vitamin C-Rich Smoothie [child-friendly]

A selection of fresh tropical fruit,
e.g. mango, kiwifruit, pineapple

1 tablespoon oats (oatmeal)

6 walnuts (optional)

A handful of strawberries
(or blueberries)

250ml almond, coconut or oat milk

- 1 Blend all the ingredients together until smooth and serve.

What to Drink (and What Not to Drink)

- Water is so important, not only because it transports nutrients to the brain, but also because it removes toxins and keeps you hydrated and able to focus and concentrate. Always send your child to school with a water bottle. Filtered, alkaline or mineral water is ideal. Daily recommendations vary but the following is a guide: 5 glasses (1l) for 5–8-year-olds; 7 glasses (1.5l) for 9–12-year-olds; 8–10 glasses (2l) for 13+ (and adults). You can also try infusing the water with slices of fresh lemon, lime, orange, cucumber or mint. Make a big jug (pitcher) and store it in the fridge.
- In terms of milk, I recommend goat's milk, or if your child is intolerant, try plant-based milk (such as oat, almond or A2 cow's milk, which is lactose free and easier to digest).
- Avoid sweet drinks. I recommend 100% fresh fruit drinks that are not made from concentrate, especially if your child doesn't eat fruit. Avoid fizzy drinks (soda), especially during the school week, due to their effects on blood sugar levels and their arguably addictive properties. There is some anecdotal evidence that apple juice may increase hyperactivity and there is clinical trial evidence that certain additives, flavourings and colourings in cordial or squash (juice concentrate) are linked to hyperactive and attention-deficit behaviours (see research published in *The Lancet* by McCann *et al.* 2007).