

CHLOROPHYLL PASTE & SMOOTHIE

I love chlorophyll because it's fun to make and really good to drink - or eat! Learn how to use the heating and stirring properties of the Thermomix to make chlorophyll paste, then enjoy it in a healthy smoothie.



Makes: about 1 cup Chlorophyll paste and 1 litre smoothie

Time: 25 minutes + straining time



INGREDIENTS

Chlorophyll Paste

500 grams (17.6 oz) ice cubes
750 grams (26.4 oz) water
250 grams (8.8 oz) baby spinach (or greens of your choice)
100 grams (3.5 oz) mixed herbs

Chlorophyll Smoothie

100 grams (3.5 oz) baby spinach
200 grams (7 oz) watermelon
1 orange, peeled and halved, no need to remove pips
1 apple, halved, no need to remove core
handful mint leaves
30 grams (1 oz) ginger, peeled
100 grams (3.5 oz) ice
2 tablespoons Chlorophyll Paste
200 grams (7 oz) water



METHOD

Chlorophyll Paste

1. Place ice into mixing bowl and blitz **2 sec/Turbo** until turned to 'snow'. Transfer to a bowl and set aside.

2. Pour water into mixing bowl and heat **6 min/70°C (160°F)/speed 1**.

3. Add the greens and herbs to mixing bowl, packing in as much as fits comfortably. Warm for **6 min/70°C (160°F)/speed 6**. Pour liquid immediately into ice bath to halt the cooking process. Line your Varoma with a kitchen cloth or muslin and place Varoma on top of mixing bowl. Strain chlorophyll mixture through the Varoma into mixing bowl, slowly and gently aiding the process with a spoon. Allow to strain for at least a few minutes but ideally in the refrigerator for several hours to allow it to become firm.

4. Transfer Chlorophyll Paste from Varoma into a dish. Cover and set aside in refrigerator, if not using immediately. The strained green liquid can be used for drinks and smoothies.

Chlorophyll Smoothie

5. Place all ingredients into mixing bowl and blitz **45 sec/speed 9**.

Pour into glasses and serve immediately.



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Tips

- I used spinach, parsley, coriander and mint but feel free to use any seasonal herbs and greens.
- Feel free to add more or less water to your smoothie to achieve your preferred consistency.
- For smoother Chlorophyll Paste, blend solution at step 3 for **1 min/speed 10** before pouring into ice bath.
- Store Chlorophyll Paste in a sealed container in the fridge for a few days, or freeze in ice cube trays to preserve its life.
- For a quick and easy boost, stir a tablespoon of Chlorophyll Paste into a glass of water.

Variation

- Chlorophyll Paste can be added to pasta dough, scrambled eggs, risotto, soup and mayonnaise to achieve a bright green colour.
- Add a whole lemon to the smoothie, as in the fab Lemon Bomb Smoothie.

CHLOROPHYLL PASTE & SMOOTHIE



Makes: about 1 cup Chlorophyll paste and 1 litre smoothie



SHOPPING LIST:

- Baby spinach (or greens of your choice) (350 grams / 12.3 oz)
- Mixed herbs (100 grams / 3.5 oz)
- Watermelon (200 grams / 7 oz)
- Orange (1)
- Apple (1)
- Mint leaves (handful)
- Ginger (30 grams / 1 oz)



NOTES & TIPS: