

# PREPARATION



farmersland

Farmers Land Food GmbH  
An der Pönt 48 | D-40885 Ratingen  
Tel +49 2102 74025-0 | Fax +49 2102 74025-19  
mail@farmersland.de | www.farmersland.de

farmersland

BLEND &  
100% NATURAL

# SMOOTHIES

Healthy-Drinks by Farmers Land.

Chilled out  
fresh power!

HEALTHY

INNOVATIVE

EXCITING

EASY TO USE

## WHY FARMERS LAND SMOOTHIES?

- More than just juice: get the best out of fruits and vegetables
- Rich in vitamins and antioxidants
- Health conscious and convenient
- Freshly harvested, pureed and gently frozen
- No coloring or flavoring agents, no preservatives
- Long durability, easy storage
- Natural source of vitamins



# THE YELLOW

pineapple  
mango  
coconutmilk



- **pineapple** enzymes can help detoxify the body
- **coconut** shows an unique combination of fatty acids which can have profound positive effects on health
- **mangos** contain over 20 different vitamins and minerals, helping to make them a superfood.



# THE RED

- **blueberries** contain anthocyanins which can inhibit free radicals from damaging cells in your body
- **strawberries** are rich in flavonoids which can help lower the bad LDL cholesterol
- **raspberries** are a true super food as they are extremely high in various antioxidants, which can help fight aging and play a role against inflammatory processes in the body

# THE RED

raspberries  
strawberries  
blueberries



spinach  
apple  
fennel  
melon  
grapes  
flax seed

# THE GREEN



- **spinach** is a plant with remarkable abilities to restore energy, increase vitality and improve the quality of the blood
- **fennel** contains an unique combination of phytonutrients – including the flavonoids rutin, quercitin, and various kaempferol glycosides – that give it strong antioxidant properties
- **apple** is rich in vitamin A and vitamin C
- **grapes** contain Vitamin K which your body build strong bones
- **flax seed** is a high fiber superfood

# THE ORANGE

- **carrots** are an excellent source of beta-carotene which is important to immunity and organ function
- **butternut** is loaded with vitamin A and is a good source of fiber, potassium, and magnesium
- an **apple** a day: apples are high in fiber which help to control the weight and lower cholesterol
- **oranges** are good sources of vitamin C and vitamin B1 which are important to overall body health

carrot  
orange juice  
apple  
peach  
pineapple  
butternut

# THE ORANGE

