

*Scientia*

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all  
about  
greens



In honour of our latest launch, we've teamed up with All About Greens to give you some amazing recipes that use the same nourishing, nutrient-rich ingredients that you'll find inside our Vegi-Tox™ complex. Time to glow from the inside out...

From broccoli to avocado, we all know greens are amazing for you (in your food and on your face!) is why All About Greens made the perfect partner to the Scientia Green Supreme launch. Offering tasty vegan options, like us, they're all about making you feel good inside and out. Making (delicious) plant based cooking more accessible, founded by a Director in catering and Michelin trained chef duo, they offer the ultimate plant based online training resources for foodies of all abilities.

Find out more at [@\\_allaboutgreens](http://allaboutgreens.co.uk)

## INTRODUCING SCIENTIA'S LATEST LAUNCH

time to deliver some seriously brightening green goodness...

### MEET THE VEGI-TOX™ COMPLEX...

**CBD & Hemp** - supercharged with fatty acids and omegas

**Avocado** - an amazing source of brightening vitamins A, C, D & E

**Kiwi** - antioxidant and skin-nourishing

**Pistachio** - bursting with minerals and fatty acids

**Broccoli** - enriched with vitamins E & K and antioxidant rich

**Aloe** - ultra-hydrating and skin calming

**Sea Kale** - vitamin-rich for a youthful glow

### CBD VEGI-TOX™ RESCUE MASK

Brighten, nourish, tackle breakouts and even skin tone. With nourishing CBD, brightening Niacinamide, clarifying Bentonite and French Green Clays and our all-powerful Vegi-Tox Complex™ - give skin a super dose of brightening and detoxifying nutrition.

### CBD VEGI-TOX™ SMOOTHIE SERUM

Delivering the goodness of a green smoothie straight to your skin has never been easier. Harnessing the power of CBD & Hemp, Caffeine, Niacinamide & Hyaluronic Acid for an intense hit of skin smoothing hydration - drink up!



# SOUP A BROCCOLI WITH KALE PESTO

QUANTITY: 4

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS - SOUP

2 tbsp vegetable oil  
1 large onion, sliced  
2 garlic cloves, crushed  
2 sticks of celery, sliced  
500g broccoli, roughly sliced  
800ml vegetable stock  
1/2 tsp salt  
1/4 tsp white pepper  
50ml (optional) plant based milk if a thinner consistency is preferred

## INGREDIENTS - PESTO

25g pistachios  
40g kale  
6 tbsp rapeseed oil  
Juice of half a lemon  
1/4 tsp salt  
Pinch of white pepper

## GARNISH

Plant based creme fraiche  
Toasted seeds, such as pumpkin or sunflower

## METHOD

1. For the soup. Heat the oil in a large pan over a low heat, add the onion, sprinkle with salt and sweat until softened.
2. Add the celery and broccoli, sweat for another 10 minutes until they start to soften before adding the garlic and cooking for another minute or so.
3. Turn the heat to high and add the stock and seasoning.
4. Bring the pan to the boil and then turn to low and simmer for approximately 20 minutes until the vegetables are cooked through.
5. Cool slightly then pour into an electric blender and pulse until smooth.
6. Place back in a pan and warm gently, stir in the milk if using and adjust seasoning to taste.
7. For the pesto. Place the pistachios, kale, lemon juice and seasoning into a blender and pulse until the ingredients start to break down and then slowly drizzle in the oil until you get the desired consistency and adjust seasoning to taste. Drizzle over the soup when ready, garnish and serve.



# S U P R E M E   G R E E N N O O D L E   R O L L S

**QUANTITY: 4 ROLLS**

**PREP TIME: 25 MINUTES**

**COOKING TIME: NONE**

## **INGREDIENTS - ROLLS**

20g rice noodles  
2 large florets of broccoli,  
finely sliced into matchsticks  
1 handful of kale, finely shredded  
1/2 of an avocado, finely sliced  
1 lime, juiced  
12 fresh coriander leaves  
6cm piece of cucumber, halved,  
deseeded, sliced into matchsticks  
Small handful of pistachios,  
crushed

## **INGREDIENTS - SAUCE**

1 lime, juiced  
2 tbsp soy sauce (you could  
use Ponzu instead)  
1/2 inch ginger, finely  
grated

## **GARNISH**

Chopped coriander

## **METHOD**

- 1. For the noodles.** Place in a bowl and cover with boiling water, leave to soften for approximately 5 minutes and then drain. Roughly cut the noodles for shorter lengths and place in a bowl.
- 2. For the filling.** Place the broccoli, kale, avocado, coriander and cucumber into small separate bowls. Spritz the avocado with lime juice.
- 3. For the rolls.** Pour boiling water into a shallow dish, add a rice spring roll wrap and move around until softened. Drain and place on a chopping board. Add a small amount of each of the filling. Roll up the bottom third of the wrap over the filling, fold over each side and then roll into a cylinder shape. Repeat. The wraps are quite sticky so you will need to work carefully but once rolled they stay together very well.
- 4. For the dip.** Add the lime juice, soy sauce and ginger into a bowl and mix well.
- 5. To serve.** Cut the rolls in half, garnish with coriander and serve alongside the dipping sauce.

**Note:** when you layer up the filling, what you place in the wrap first will show through on the transparent outside, so we would use coriander leaves, followed by avo, broccoli, kale, cucumber and finally the noodles on top. When rolled the coriander and greens will show through in a pretty pattern.





# ENERGISING BROCCOLI AND KALE BOWL

QUANTITY: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS - POWER BOWL

3 tbsp vegetable oil  
250g broccoli, cut into bite sized florets  
1 400g tin on butter beans or chickpeas  
25g kale, ripped into small pieces  
15g pistachios, crushed  
1 avocado, sliced  
1 tsp cumin  
1/2 tsp salt  
1/4 tsp white pepper  
75g quinoa uncooked

## GARNISH

Dressing  
Toasted seeds, such as  
pumpkin or sunflower

## METHOD

1. Preheat the oven to 180°C.
2. Place the broccoli and butter beans in a roasting tin, drizzle with a little oil and the cumin and season and then place in the oven for approximately 10 minutes until the broccoli is starting to soften and turn golden.
3. Add the kale pieces to the roasting pan, mix in with the broccoli and a little extra oil if needed and roast for another 5 minutes until the kale is starting to crisp (be careful as kale burns very easily).
4. When cooked remove the roasting tin from the oven and place in two serving bowls.
5. For the quinoa. Cook as per packet instructions or you could buy a packet of ready made for ease, then split between the two serving bowls with the broccoli mix.
6. Garnish with the sliced avocado and pistachios and drizzle over a small amount of dressing as desired.



# VEGITOX SMOOTHIE BOWL

QUANTITY: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS - BASE RECIPE

40g frozen spinach  
1 avocado, peeled, frozen chunks  
1 kiwi fruit  
100g broccoli  
30g kale  
2 bananas, frozen chunks  
200ml almond milk  
50ml water (optional)  
5g slice of ginger  
40g aloe vera  
30g agave syrup

## GARNISH

Crushed pistachio  
Chia seeds  
1 kiwi  
Granola (optional)

## METHOD

1. Place a cereal bowl in the freezer for half an hour or so before required if possible.
2. Place all of the ingredients into an electric blender and blitz until smooth. You can adjust the thickness by adding a little more or less almond milk as desired. Pour into the chilled bowl.
3. Garnish with crushed pistachios, chia seeds and kiwi.
4. Serve immediately.



Follow our cook along on making your Vegitox smoothie

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**[www.scientiabeauty.co.uk](http://www.scientiabeauty.co.uk)**