



Summer Breakfast Smoothie

SERVES 1

Quick and delicious breakfast smoothie great for skin health and for menopause symptoms!

INGREDIENTS

1 good handful of mixed berries (fresh or frozen)
1 small handful of spinach
2 cm piece of fresh ginger grated
1 tablespoon of almonds, cashew nuts or brazil nuts
1 tablespoon of pumpkin seeds
½ an apple
2 tablespoons of rolled oats
2 tablespoons of natural Greek Yogurt (Organic if possible)
150ml filtered water or nut milk (add more if needed to get the right consistency)
Ice cubes – optional

METHOD:

Place all the ingredients in a blender and blend until smooth adding extra water/nut milk as necessary.
Drink straight away

THE NUTRITION BIT:

Seasonal berries and apple to maximise your phytonutrients and get plenty of Vitamin C too – great for your skin health and supporting your body at times of stress.

Spinach is a smoothie hero with calcium, magnesium and potassium to support bone health.

Ginger to support your gut health, it's a powerful anti-inflammatory.

Nuts and seeds full of essential minerals and vitamins, healthy fats and phytoestrogens to support your hormonal balance and great for your skin health too.

Oats to add fibre essential for a healthy gut and hormone clearance. A health gut is key to skin health, Greek Yogurt provides a good source of probiotics (the good guys in your gut).