

Feel the glow smoothie bowl



Vitamin C is essential for collagen synthesis. As we age our ability to make collagen declines, and antioxidants such as vitamins A, C, E and selenium can all help support collagen production by reducing damage caused by free radicals. The blueberries and acai in this smoothie bowl are rich in antioxidants and supply a valuable source of vitamin C. Nuts and seeds contain zinc which is important for skin repair, and adding Brazil nuts as a topping provides selenium to provide a glowing start to your day..

Serves 2



Ingredients

INGREDIENTS

- 50g cashew nuts, soaked
- 125g frozen blueberries
- 100g frozen acai pulp, unsweetened and cut into chunks
- ½ cup coconut water
- ½ cup yoghurt kefir (or coconut kefir)
- 2 teaspoons chia seeds
- 1 handful frozen zucchini

Suggested toppings

Finely sliced banana, mixed berries, sliced pear, sliced kiwi fruit, chopped Brazil nuts, sunflower seeds, hemp seeds, bee pollen, sugar-free granola, protein powder, cacao nibs, goji berries, coconut shavings.



Method

1. Soak the cashew nuts in a bowl of warm water for 10 minutes then drain and discard the water.
2. In a food processor/blender add the cashew nuts, blueberries, acai pulp (be sure to cut into chunks before adding to the blender to make it easier to blend), coconut water, kefir, chia seeds and zucchini and blend until smooth. If too thick, thin with water or to thicken, simply add a handful of ice and blend again.
3. Pour the smoothie mixture into a bowl and choose from the toppings suggested above.