



SMOOTHIES

can be a great addition to your food plan. They can help to make food delicious and nutritious incorporating a boost of vitamins, minerals, phytonutrients and fibre. In simple terms, a smoothie or shake is a blend of a base and a liquid, making them convenient, adjustable for different tastes and family friendly.

The key is to ensure you build your smoothie to be nourishing and satiating rather than unhealthy and dissatisfying. Keep fruit levels quite low due to sugars, include vegetables to boost fibre and nutrients. Add protein and good fats to keep you satisfied for longer. Boost antioxidants further by including herbs, spices and other nutrient rich ingredients.



Try as a breakfast option or afternoon snack. Breakfast is an ideal time to boost our intake of fruit or vegetables and it's also a time when we could benefit from some protein to help maintain energy levels throughout the morning. Plus, we are frequently in a hurry! As a snack replacement an afternoon smoothie can help curb sugar cravings.



WE HAVE CREATED SOME BASIC GUIDELINES, TO HELP YOU CREATE A BALANCED BEVERAGE!

NUTRITIONAL BOOSTER (OPTIONAL): Raw cacao, fresh ginger, turmeric (fresh or powdered), matcha powder, cinnamon, fresh mint or parsley

PROTEIN WINNERS: Flaxseeds, chia seeds, cashew nuts, clean protein powder, almond or cashew nut butter, walnuts, tahini, natural yoghurt

TOP VEG: Spinach, kale, chard, watercress, lettuce, broccoli, courgette, cauliflower (cauliflower & courgette work well frozen)

FRUIT FAVOURITES: Berries, banana, kiwi, mango, papaya, pear, apple, peach, pineapple, avocado (fresh or frozen works well on all these)

BASE LIQUID: Any non-dairy milk (unsweetened), green tea (cooled), coconut water, kefir or filtered water



TIPS FOR BETTER SMOOTHIES...

You need a quality blender to crush frozen fruit and veg and give a perfect smoothie.

Thickness is good - try adding a tsp of chia seeds or psyllium husk for healthy creaminess.

Watch out for protein powders containing added sugars, artificial sweeteners and flavourings.

