

# NUTRITIONAL SMOOTHIES

My belief and experience is that if you get to start your day with a nutritious smoothie, which happens to taste great as well, not only are you getting a great hit of nutrients early on, but you will more likely eat more healthily for the rest of the day.

These smoothies are very filling too which should help prevent the mid morning cravings you can get after a carb heavy breakfast. They are easy to mix together with water, almond milk or coconut water so there's no excuse to miss breakfast (if you're in a hurry, mix it up in a sports bottle and take it with you).



It's important to have a decent blender that can break down any fruit/veg you're putting in and also to avoid the powdery texture you can get when it's not blended properly. See the Shopping Guide for equipment recommendations, but if you're short on time, a NutriBullet would be a great thing to invest in.

You can follow this general guide to make your own or check out my favourite smoothie recipe on page 3!

- **Liquid base:** filtered water, coconut water or milk base (organic full fat milk if on dairy, unsweetened almond milk, coconut milk, any unsweetened nut milk)
- **Fruit** (maximum two of these): 1/2 banana, handful of berries, 1/2 apple, 1/2 pear, kiwi, 1/4 pineapple, 1/4 mango
- **Veg** (as much as possible): eg kale, chard, lettuce, rocket, salad leaves, cabbage, fennel, ginger, cucumber, celery
- **Herbs and spices:** eg mint, parsley, coriander, cinnamon, vanilla, turmeric
- **Protein:** either whey based protein powder (if on dairy, and make sure it's organic and made from grass-fed cows) or dairy-free, plant-based protein powder (I like pea protein but there are lots of others)
- **Fats:** any nuts (unprocessed and raw), seeds (flax, chia, sunflower, pumpkin, sesame, hemp), avocado, coconut oil, flax oil, hempseed oil, olive oil
- **Optional add-ins:** see smoothie recipes for all sorts of superfood options



## Here are the products I recommend;

### 1. Plant based protein powder

I use a plant based protein instead of whey protein just because we are dairy free at various points in the programme and some people can be sensitive to whey. It's also suitable for vegans.

These are my recommended brands (click on the names to go to the website):

**Sun Warrior Blend** (natural, vanilla or chocolate flavours). If you are sourcing your own brand, look for a good quality organic pea or hemp based protein powder. Use code NJW010 for a 10% discount at the Natural Dispensary.

**Vivo Life Perform** (vanilla, raw cacao, salted maca caramel flavours) - use code happyhormones10 for a 10% discount at Vivo Life.

### 2. A super green powder

I love adding a green powder into my smoothies for a huge nutrient hit. This one is my recommended brand as it's packed full of amazing superfoods and is great value:

**TerraNova Life Drink**. If you are sourcing your own brand, look for a good quality supergreen formula with no added sugar, preservatives or flavour. Use code NJW010 for a 10% discount at the Natural Dispensary.

**If you are ordering from the Natural Dispensary, please check shipping destinations.**

# PROTEIN BERRY SMOOTHIE

## Ingredients

25g of oats (gluten free if avoiding gluten)  
1 scoop protein powder  
1 scoop super greens powder  
1 tbsp coconut oil  
150ml of probiotic yoghurt  
100ml of milk (try almond, cashew or coconut)  
1/2 banana  
1 tbsp mixed seeds  
150g frozen berries – blueberries, raspberries, blackberries, cranberries  
1 tbsp maca powder (optional)  
Handful of ice



Blend all ingredients in a blender or liquidiser.