

Balancing Almond Butter Smoothie



This smoothie is full of blood sugar balancers:

- **Protein** from the almond butter, whey protein and plant milk help slow the release of sugar into the blood
- **Cinnamon** balances your blood sugar levels and adds some sugar free sweetness to the smoothie
- **Magnesium** from almonds, watercress and cacao powder helps you to relax and de-stress

Serves 1-2



Ingredients

- 1 handful of watercress
- 1 half a banana
- 2 tbsp pure almond butter
- 2 tbsp organic whey protein powder
- 1 tbsp cacao powder (preferably raw cacao)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 fresh medjool date (optional)
- 300ml unsweetened soya or almond milk



Method

Put all ingredients (starting with the solid foods, then the liquid) in your blender and blend until smooth.

Once ready, pour in a glass and sprinkle with more cinnamon and cacao powder.

If you like a bit of crunch, you can sprinkle on some chopped almonds, or some more cinnamon.

Mango and Spinach Smoothie

Kick start your day with this delicious smoothie. Packed full of vitamins and minerals it serves up two portions of your daily veg and fruit target, without you even trying.

This tasty smoothie is easy to drink - especially for those who can't face a heavy breakfast.

With its balance of protein, carbs, fibre and healthy fats this smoothie will keep you fuelled for many hours. You'll love this green beauty!



Serves 1



Ingredients

- Half a ripe mango
- One handful of cashew nuts, ideally soaked for a least one hour in cold water and then drained
- 150 - 200 ml of unsweetened almond/coconut/soya milk
- 2 big handfuls of organic baby spinach leaves
- 1 scoop of protein powder (optional)
- 1/2 tsp of vanilla paste or extract (not essence)

Optional toppings

- Choose from blueberries, pomegranate arils, berry fruit, chopped mango, chia seeds, hemp seeds



Method

Put all the ingredients in your blender and blend until smooth.

Add more milk if the smoothie is thicker than you like.

Once ready, pour in a glass. You can then dress it with your favourite choice of toppings.

That's it!



Good Mood Choc-Berry Smoothie

This smoothie is creamy, chocolatey and fruity - and is great brain food! Purple plant food pigments such as those in raspberries and red cabbage may help memory and protect our brains from cognitive decline. Almond butter provides a welcome dose of protein and healthy fats to keep your brain fuelled for longer. Magnesium supports positive mood and calmness - and the seeds and cacao both contain this vital mineral. Eureka!

Serves 1



Ingredients

- 150g raspberries (can be frozen)
- 100g of raw red cabbage
- 1 tbsp almond butter
- 1 tbsp cacao, or cocoa, powder
- 1 tbsp hemp seed hearts, or chia seeds
- A quarter banana
- 150 - 200ml unsweetened coconut milk

- Cacao powder or cinnamon, to sprinkle
- A few raspberries for decoration



Method

Put all the ingredients in a blender and process until really smooth.

Pour into a glass. Dress with a couple of raspberries and sprinkle with cacao/cinnamon, if desired.