



# Light & Lean Gazpacho Smoothie

Smoothies don't have to be sweet. This shake is super tasty and refreshing and can be part of a healthy weight management plan. Unlike fruit smoothies, this one features a mix of Mediterranean ingredients which won't disrupt blood sugar levels or lead to cravings for the wrong foods later in the day. The yogurt and ground almonds are included to keep you fuller for longer. Don't fear nuts; research shows people who eat them regularly are at less risk of weight gain. Go nuts!

Serves 1



## Ingredients

- 100ml of very cold water
- 125g fresh tomatoes, chopped
- ½ red pepper, chopped
- 1 spring onion, chopped
- 100g cucumber, roughly chopped
- 2 tbsp Greek yogurt, or Quark
- 4 tsp ground almonds
- 2 tsp olive oil
- 1½ tbsp tomato puree
- 1 tsp paprika
- 1 tsp Worcestershire sauce (opt)
- Herb salt & pepper, to taste
- A few torn basil leaves



## Method

Put all the ingredients, except the salt and pepper and basil leaves, into a blender and blitz until smooth.

Add the salt and pepper and additional Worcestershire sauce to taste and stir well.

PoUr into a glass and top with the basil leaves.

Sip and dream of happy holidays and the Summer sun!

# Picnic Recipes

Here are some links to tasty and easy picnic recipes you can try over the Summer months.



## Top tips:

- #1: Use olive oil not canola as some recipes suggest. Olive oil is high in heart healthy oleic acid. Canola is a highly processed oil.
- #2: Try precooking your salad potatoes the day before to increase the resistant starch content. This helps balance blood sugar and aids digestion.
- #3: Mayonnaise is processed so we have chosen recipes without it.
- #4: Choose wholegrain, seeded wraps, bread or rolls not those made with refined white flour.
- #5: Make a large batch of the salads and use them to make up weekday lunches.

## SNACKS

<https://www.bbcgoodfood.com/recipes/peanut-houmous-fruit-veg-sticks>

<https://www.bbcgoodfood.com/recipes/lighter-scotch-eggs>

<https://www.delish.com/cooking/recipe-ideas/recipes/a46031/fruit-and-nut-bars/> 

<https://www.delish.com/cooking/recipe-ideas/a21948089/avocado-chips-recipe/>

## QUICHE & FRITTATA

<https://melissahemsley.com/spanish-frittata-leftover-carrots/>

<https://www.myrecipes.com/recipe/spinach-and-feta-quiche> 

<https://www.myrecipes.com/recipe/asparagus-and-mushroom-frittata>

<https://www.thepetitecook.com/crustless-salmon-and-spinach-quiche/>

## SALADS

### Bean based:

<https://www.bbcgoodfood.com/recipes/fennel-pomegranate-broad-bean-salad>

<https://www.bbcgoodfood.com/recipes/tuna-asparagus-white-bean-salad> 

<https://www.loveandlemons.com/chickpea-salad-recipe/>

### Grain based:

<https://www.delish.com/cooking/recipe-ideas/recipes/a48103/strawberry-balsamic-pasta-salad/>

<https://www.delish.com/cooking/recipe-ideas/recipes/a43059/best-farro-salad-recipe/> 

<https://www.bbcgoodfood.com/recipes/spring-tabbouleh>

### Potato:

<https://www.loveandlemons.com/potato-salad-recipe/> 



 SuperWellness favourites

## WRAPS

<https://www.loveandlemons.com/spinach-hummus-wrap/>

## SLAWS

<https://www.bbcgoodfood.com/recipes/apple-penne-slaw-walnuts>

<https://www.bbcgoodfood.com/recipes/dairy-free-slaw> 

## CHICKEN

<https://ifoodreal.com/coconut-cilantro-chicken/>

<https://www.goodhousekeeping.com/uk/food/recipes/a536782/harissa-chicken-couscous-salad/> 



# 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.