



Hannah
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The Immune Boosting Smoothie Recipe.

Place the following into a blender, or a large jug if you are using a hand blender.

The basic recipe:

Put 8 fl. oz 237ml *cold* organic soya milk (or oat, rice milk*) into the jug.

Add 2 tablespoons *live*, natural organic yoghurt (soya, goat or sheep*).

Sprinkle in 2 teaspoons of Green Lightning – this contains spirulina and chlorella, both high in protein, beta-carotein and omega-3, plus an array of vitamins and minerals.



Add 4 teaspoons ground almonds - these have an alkalising effect on the body.



Add a tablespoon of fresh or frozen berries – apart from adding more vitamins, these will significantly improve the colour!

Frozen berries will make your smoothies super-cool. They do stay slightly frozen, so blend for longer if you like them completely defrosted.

Pour into a tall glass and enjoy!



Variations to the basic recipe:

Sprinkle in 1/2 scoop of Spiru-Tein, Vanilla or Chocolate. This adds to the protein content and thickens the smoothie.

Add half a banana per person.



*Of course, you can use dairy products – it's up to you. But given their capacity to form mucous in the body, please use non-dairy, at least for these Smoothies.

N.B. Always use good quality ingredients, organic where possible.

Green Lightening and Spiru-Tein are available from
www.victoriahealth.com

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