



**Hannah
Lovegrove**

The Blue Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk)

Put these into a blender and add:

Three tablespoons blueberries or blackberries (fresh or frozen)

4 teaspoons ground almonds

Add 2 teaspoons Blue Lightning and blend until smooth.

Pour into a tall glass and enjoy!



These are some of the cocktail of fruits used to make Blue Lightning. In his book 'Healing With Whole Foods', Paul Pitcher suggests the following properties:

Blueberry	Very high in antioxidants, Vitamins C and E.
Elderberry	High in antioxidants, 'the medicine chest of the common people', anti-viral, anti-inflammatory, high in Vitamin C.
Red wine grape	Useful as a blood tonic, diuretic, and improves cleansing function of the glands.
Blackcurrant	High in Vitamin C and antioxidants, beneficial for the heart, protective against diabetes, high blood pressure, coughs and chest ailments.
Ligonberry	High levels of Vitamins A, C and Magnesium, flavinoids and lignans, excellent anti-oxidant.

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

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