



Hannah
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The Bright 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:

One fresh white pear or nectarine, peeled, cored and chopped (ordinary if white is not available.)

4 teaspoons ground almonds

Add 2 teaspoons Bright Lightning and blend until smooth.

Pour into a tall glass and enjoy!



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

White tea	Has the highest antioxidant levels of all teas
White pear	Moistens the lungs and throat, helpful for constipation, soothes the gallbladder.
White fig	Very alkalising food, useful for balancing a diet rich in meat and refined food, soothing and laxative.
Shitake mushroom	Tonifying for weak digestion and assimilation of nutrients, strong tonic for the immune system.
Jerusalem artichoke	Nourishes the lungs, treats constipation, and stimulates insulin production.
Garlic	Inhibits cold and other viruses, eliminates toxins, unfavourable bacteria, yeasts, promotes healthy growth of intestinal flora.

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

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