



Hannah
Lovegrove

The Green Yoga Smoothie.

Basic recipe:

One chopped banana

Two tablespoons live, natural yoghurt (soya is good)

200ml soya milk (or cow, oat, rice milk, or use half-and-half coconut milk if your cholesterol levels are OK.)

Put these into a blender and add:

Three tablespoons mixed berries like blueberries, raspberries and blackberries (fresh or frozen). These give your smoothie a better colour!

4 teaspoons creamed coconut (*substitute 4 tsp ground almonds if you are watching cholesterol levels.)

Few drops Vanilla essence

Add two teaspoons Green Lightning and blend until smooth.

Pour into a tall glass and enjoy!

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



Spirulina	Highly nutritive, tonifying and cleansing properties, a special form of protein easily assimilated by the body. It detoxifies, strengthens the immune system and improves brain function. Rich in GLA.
Chlorella	Binds with toxins such as heavy metals and carries them safely out of the body. Very important in the protection of cells due to stress, pollution and ageing. High in omega3. More expensive than spirulina as it requires very careful harvesting, but less is required.
Kelp	Benefits the kidneys & the thyroid, relieves hormone imbalance, increases the depth of the breath and restores tired muscles.
Bee pollen	Rich in protein and B12, contains nearly all nutrients required by humans. Also contains substances which not yet identified, which may contribute to its remarkable properties, not explained by its known nutrients.
Astralagus	Builds energy, strengthens digestion and resistance to disease, strong tonic for the immune system.
Dried barley juice	Anti-inflammatory, benefits the stomach & gall bladder, fortifies the intestines, promotes diuresis.

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

www.hannahlovegrove.com