



**Hannah
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The Red 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 raspberries or chopped strawberries (fresh or frozen)

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

Few drops of vanilla essence

Add 2 teaspoons Red Lightning and blend until smooth.

Pour into a tall glass and enjoy!



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

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| Pomegranate | Helpful for the bladder, soothing for the mouth and throat. |
| Mangosteen | High antioxidant properties, anti-viral, anti-inflammatory, anti-biotic. |
| Acai | Increase and sustain energy production, cholesterol management, beneficial for the heart and arteries |
| Goji berries | Helps with cell renewal, strengthens the heart and arteries, detoxifies and improves immune system. |
| Noni berries | Help to maintain healthy cholesterol levels, support the immune system and energy production. |

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

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