



**Hannah
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The Yellow 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:

Two slices of fresh pineapple or six chopped apricots

4 teaspoons ground almonds

Add 2 teaspoons Yellow Lightning and blend until smooth.

Pour into a tall glass and enjoy!



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

Pineapple	Improves digestive ability, diuretic, useful for indigestion and anorexia. Much sweeter than its green cousin, rich in Vitamin C, antioxidants, polyphenols, magnesium, potassium and copper, protective for the heart and blood vessels.
Golden kiwi	Regulates blood sugar balance, benefits the pancreas, and relieves damp conditions in the body, the lungs and throat.
Pumpkin	Improves the appetite, and promotes peristalsis. Helpful after alcohol intoxication!
Grapefruit	Supports digestion, builds body fluids, moistens the intestines and supports kidneys and urinary tract.
Melon	A potent anti-oxidant.
Lycopene	Helps protect the eyes and brain from degeneration.
Lutein	

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

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