



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

Super Smoothie

This is a super nutritious and healing smoothie – and it tastes great! It is packed with quality fats, probiotics, protein, minerals and vitamins – all of which will supercharge your body.

- ☆ Great for a mid morning or afternoon snack or breakfast on the run.
- ☆ Also great for kids (and adults!) who are hard to get nutrients into.
- ☆ You can even make it with less milk/water into a mousse-like dessert!

Ingredients:

- 250mls milk of choice (or water)
- 2 tablespoons of quality plain yoghurt
- 2 tablespoons of ground nuts & seeds (try a combo of almond, sunflower, sesame, pumpkin, walnut)
- 1 banana (or kiwi or other soft fruit)
- handful of fresh or frozen berries (blueberries, strawberries, or raspberries)
- 1 tablespoon of protein powder of choice
- 1 tablespoon of flaxseed oil (or omega 3 fish oil liquid)
- 1 tablespoon of lecithin
- 1 teaspoon of bee pollen
- 1 teaspoon of probiotic powder
- 1 teaspoon of super greens powder (spirulina/chlorella/greens) or handful of baby spinach

Directions:

Blend all together in blender, bamix or food processor.

Drink slowly - allowing your digestion time to receive all the goodness.

OPTIONAL EXTRAS

Add in any superfood or nutritional supplements you have been prescribed by Karen – depending on what you need. Eg. you may benefit from Vitamin C, Magnesium powder, Detox formulas or Digestive support formulas. ☺

