



With the summer weather a lot of people find their skin tends to get dry or becomes irritated. To help I've put together some tasty summer smoothie recipes for

you to enjoy and protect your skin at the same time.

### *Cool Summer Smoothies*

#### **Vanilla Skin Booster**

##### **Ingredients:**

- 150ml Hemp Milk**
- 1 Banana**
- 1 tbs Frozen Forest Fruits**
- 1 Small Pot Low Fat Bio Yoghurt**
- 1 Scoop Lamberts Pea Protein Powder**
- Natural Vanilla Essence to taste**

##### **Method**

1. Put the banana and yoghurt with the vanilla essence into a blender or food processor
2. Add the protein powder and then slowly add the hemp milk, add more if necessary for good consistency
3. Pour into a large glass and add a spoonful of frozen forest fruits
4. Enjoy!

For variation add pineapple instead of forest fruits.

#### **Beetroot Energy Zinger**

##### **Ingredients:**

**If you own a juicer-**



#### **How will these smoothies help me?**

**Bananas** contain potassium, vitamin C, beta carotene, vitamin k, vitamin b6 and tryptophan. These nutrients will help your skin fight infections and spots because they promote natural anti-fungal and antibiotic actions. They also promote sleep which helps keep your skin recover and leaves it glowing during the day. The beta carotene and vitamin C are natural antioxidants and help your skin fight aging.

**Hemp milk** contains vital polyunsaturated oils that feed the skin and keep it moisturised and stop it from dryness.

**Natural bio yoghurt** helps balance your gut with friendly bacteria which reduces the amount of bad bacteria reducing the likelihood of spots.

**Red berries and grape juice** contain bioflavonoids, antioxidants, vitamin C, Vitamin A and beta carotene, which

**1 Apple**  
**1/2 Raw Beetroot**  
**1 Carrot**  
**1/4 Lemon**  
**Red Grape Juice**  
**Ice Cubes**

#### Method

1. After washing and preparation put the apple, beetroot, carrot and lemon through the juicer
2. Make up to 150ml with red grape juice
3. Add ice cubes to taste

**If you don't own a juicer-**

**50ml Apple Juice**  
**50ml Prepared Fresh Beetroot Juice**  
**(available from leading supermarkets)**  
**50ml Fresh Carrot Juice (available from leading supermarkets)**  
**50ml Red Grape Juice**  
**Ice Cubes**

#### Method

1. Take a large glass and mix together with ice cubes

### Nutritional Research

The American Journal of Clinical Nutrition conclude in a study looking at the additive and synergistic effect of fruit and vegetables in the prevention of cardiovascular disease and cancer, that increasing the consumption of fruit and vegetables is beneficial for consumers to optimise their health and reduce the chance of these conditions. The evidence suggests that it is the combination of phytochemicals and antioxidants in a variety of fruit and vegetables which is critical to the powerful antioxidant and anti-inflammatory effects which contribute to help prevent chronic diseases.  
ref Am J Clin Nutr September 2003 vol. 78 no.3 517S-520S

protects from excess oxidative stress (aging) of the skin from environmental damage.

**Protein Powder** contains valuable amino acids which are the building blocks for making new skin and hence improving the chances of gaining the texture and clarity of youthful nature of the skin.

**Beetroot** is a natural detoxifier and helps the liver get rid of old toxins. It is high in vitamin A which is a powerful antioxidant and feeds the collagen in the skin.

**Carrots** contain vitamin A and beta carotene which are protective to the skin of sun damage.

**Lemon pith** is rich in a substance called limonene which is believed to have anticancer properties.

**Apples** contain soluble fibre which helps detoxify the gut clean.



#### CONTACT US

[nutrition@dianawright.co.uk](mailto:nutrition@dianawright.co.uk)  
01494 722777

#### SHARE THIS EMAIL



forward to a friend <http://www.dianawright.co.uk/>

Copyright © 2011 Diana Wright - Nutrition Consultant, All rights reserved.

MailChimp

[unsubscribe from this list](#) | [update subscription preferences](#)