



Women's Health Week smoothie

Get involved in Women's Health Week this year in a simple and delicious way.

⌚ Prep time: 5-10 minutes. Blending time: 30 seconds. 🍴 Serves 1
Vegetarian, gluten-free

Method

Blend in blender.

Ingredients

150-200mls milk of your choice (cow, soy, almond, rice)

1/2 cup yoghurt of your choice (cow, sheep or coconut)

1/2 cup mix of frozen

strawberries and raspberries

1 dessertspoon each of unhulled sesame seeds, almonds and linseeds (depending on the blender, the linseeds may need to be pre-ground)

Pinch of nutmeg



Nutritional information

We've put a few of the best ingredients for women's health blended together to make a pink drink! The antioxidant rich raspberries and strawberries give the colour to this smoothie, which you can enjoy as a healthy breakfast, or as a protein-rich afternoon pick-me-up. Unhulled sesame seeds are about 10 times higher in calcium than regular sesame seeds, while the linseeds are rich in soluble fibre, omega-3 fatty acids and the phytoestrogens called lignans. Almonds are the best all-rounder nut for nutrients. Use probiotic-rich yoghurt for gut health, and your favourite milk of choice to top up the protein.

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