



Skin Food Smoothies

Five easy, healthy and tasty smoothie recipes to feed your skin, body & mind



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- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (30g- serve)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (20g+ per serve)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts

Skin Food

Healthy, clear and beautiful skin...wouldn't that be great? Your skin is ultimately a reflection of what is going on inside your body and of course what you are feeding yourself. These five tasty smoothie recipes are packed with 'skin food' ... ingredients that provide your skin with those all important vitamins, minerals and healthy fats and that you will find included in recipes in this book!



Almonds

Packed full of Vitamin E, one of the most associated vitamins with skincare. Vitamin E helps repair damaged skin cells and defends against damage from the sun. A powerful antioxidant, vitamin E protects the body against free radical damage. Almonds are also one of the best sources of dairy free calcium! They are great as a small snack or to add to your granola or overnight porridge - the protein and fibre keeps you fuller for longer and the mono-saturated fats can help lower bad cholesterol when eaten in moderation.

Bananas

Bananas...wow! A powerhouse of vitamins and minerals. Full of potassium to help hydrate the skin, vitamin A, B, C and E which help protect the skin from oxidative stress, premature ageing and the production of collagen. The zinc is amazing for fighting the p-acne bacteria prevalent in problematic skin. Even over-ripe bananas have benefits...elevated levels of TNF (tumor Necrosis Factor) a cytokine naturally produced by our immune system to fight inflammation and helps the good bacteria population in our gut microbiome.

Blueberries

One of nature's true superfoods. Absolutely brimming with vitamins A and C that help your body stop cell damaging, skin-ageing free radicals in their tracks. Blueberries also help boost the strength of collagen fibres within the skin thanks to their high concentration of anthocyanins: phytonutrients that give these berries their bright blue colour. Blueberries are a great source of fibre making them a prebiotic - allowing the good bacteria in your gut to ferment into anti-inflammatory fatty acids—which can help heal your immune system and alleviate inflammation induced skin conditions such as eczema and psoriasis.

Cacao

Yes, this is 100% gold!! Chocolate is on the 'good' list. Dark chocolate with over 70% cacao is great for skin firming and it is packed flavonols, a very potent antioxidant. These flavonols reduce roughness in the skin and provide sun protection protecting the skin from oxidative stress, which can lead to premature skin ageing. Chocolate is also a great source of pre and probiotics to help heal your gut and reduce inflammation.

Coconut

Nothing goes to waste when you're using a coconut for skin care. When you first crack it open, you can drink the fruit's natural water which is full of potassium and electrolytes to replenish and rehydrate your skin, making it softer and more youthful looking. Move onto the coconut meat and extract its oils, you can utilize it to heal your gut. Coconut oil contains a potent antimicrobial, caprylic acid, which can help improve gut health by destroying bad bacteria and candida. Candida is a fungus that can break down your intestinal walls and decrease stomach acid, which causes inflammation, poor digestion, and breakouts.

Green Tea

Green tea contains polyphenols, making it a great antioxidant and anti-inflammatory. It is great as a topical treatment as well so watch out for it in your skin care. It can heal blemishes and scars, flushes out toxins, and also keeps skin supple. The vitamin K in green tea helps lighten dark circles under the eyes, too. Try putting a used green tea bag in the fridge for a great 15-minute under eye treatment. Pour yourself a cup of this green elixir and watch your skin glow!

Strawberries

These bright and delicious berries are a great addition to any smoothie recipe and are packed full of good-for-you vitamin C and flavonoids,. Maintain and promote skin health. The best part? Even though they're seasonal, they retain their nutrients when frozen, so you can enjoy the skin-soothing benefits all year round.

Oats

Oats provide selenium, an antioxidant compound that helps protect cells from damage (the type that could ultimately lead to mutation and tumor growth long-term). Plus, the prebiotics found in oats fuel your body's beneficial gut bacteria, bolstering your immune system overall.





The Power Breakfast

Give your skin a dose of Vitamin A, B, C, D & E with this powerhouse smoothie

Serves 2

here's how

1 cup (150g) blueberries, frozen

1 medium ripe banana

4 tbsp. rolled oats

2 tbsp. almond butter

2 cups (480ml) almond or coconut milk, unsweetened

2 medjoul dates

2 scoops (50g) vanilla protein powder

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF	HP	V	Q	N						
					Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
					5 min	395	14	45	26	8

*Nutrition per serving





Strawberry Burst Breakfast

Packed full of vitamins & minerals to start the day right

Serves 2

here's how

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) coconut or almond milk, unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF	LC	HP	V	Q	N
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

*Nutrition per serving





Wake Me Up

Packed with antioxidants & minerals, with a hint of mocha - What's not to love?

Serves 2

here's how

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk, unsweetened

½ cup (120ml) water

1 scoop (25g) chocolate protein powder

2 tsp. instant coffee powder or a shot of good quality coffee

2 tsp. cocoa powder, natural or 2 tsp cacao nibs

1 banana

¼ cup (30g) pecans

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF	LC	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

*Nutrition per serving





The Morning Energiser

Get that caffeine hit with a power pack energiser smoothie!

Serves 2

here's how

1 cup (240ml) coconut or almond milk, unsweetened

1 cup (240ml) good quality coffee, chilled

$\frac{2}{3}$ cup (165g) coconut yogurt, unsweetened

2 medjoul dates

1 scoop (25g) protein powder, chocolate

1 tbsp. cacao powder, natural or cacao nibs

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF	DF	LC	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

*Nutrition per serving





Simply Green Fuel

Ditch the eye bags for tea... detoxify and hydrate the skin!

Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond or coconut milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

here's how

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF	LC	HP	V	Q	N
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

*Nutrition per serving

