

## Super Smoothie

This smoothie contains 100% organic and raw ingredients, with a fantastic blend of all the macro and micro nutrients you could ask for in one meal. This meal will bring you well on your way to fulfilling most of your RDA's for vitamins and minerals. Many of the benefits such as antioxidants & secondary nutrients are not listed as there are too many to mention. The synergistic blend of these whole foods are much greater than the sum of their parts. If substituting any ingredients please be careful to look at quality and minimal processing.

Gradually add all ingredients in a blender, ensuring any seeds are finely ground up.

---

### Ingredients for 1 person

#### Organic Ingredients

##### Dry Mix:

	Amount
Raw Cacao	5g
Sencha – Green Tea	1g
Linseeds	10g
Protein Powder – Whey Isolate	30g
Ginger	2g
Cinnamon	5g
Nutmeg	2g
Turmeric	2g
Eliminex	8g

##### Wet mix

Coconut Oil	20g (2 tbs)
Olive Oil or Avocado	20g (2 tbs) (1/2 avocado)
Raw Goats Milk / or organic	200ml
Yoghurt (Organic & Natural)	1-2 heaped tbs
Water	for consistency

##### Fruit:

Blackberries, Raspberries, Redcurrants, Blackcurrants	75g
Banana	½ or 1 * small
Pineapple	50g

#### Where to Purchase:

Raw Cacao	<a href="http://www.gojiking.co.uk">www.gojiking.co.uk</a>
Sencha – Green Tea	<a href="http://www.yuuki-cha.com/organic-powdered-sencha">http://www.yuuki-cha.com/organic-powdered-sencha</a>
Linseeds	<a href="http://www.goodnessdirect.co.uk">www.goodnessdirect.co.uk</a> or supermarket
Protein Powder – Whey Isolate	<a href="http://www.myprotein.com/uk/products/impact_whey_protein">http://www.myprotein.com/uk/products/impact_whey_protein</a>
Ginger	<a href="http://www.spicecellar.co.uk">www.spicecellar.co.uk</a>
Cinnamon	<a href="http://www.spicecellar.co.uk">www.spicecellar.co.uk</a>
Nutmeg	<a href="http://www.spicecellar.co.uk">www.spicecellar.co.uk</a>
Coconut Oil	<a href="http://www.coconoil.co.uk">www.coconoil.co.uk</a>
Raw Milk	Butterfly Lodge, Abberton
Eliminex	<a href="http://www.lambertshealthcare.co.uk/eliminex-p8381/">www.lambertshealthcare.co.uk/eliminex-p8381/</a>

---

## ***Nutritional Contents & Benefits of each ingredient:***

### **Raw Cocoa**

High in anti-oxidants (ORAC score of 95,500 - Good source of phytonutrients, beta-carotene, amino acids, magnesium, protein, omega 3, magnesium, calcium, zinc, iron, copper, sulphur, potassium, chromium.

### **Sencha Green Tea**

A completely natural green tea using the entire nutrient-rich leaf... Up to 17 times the antioxidants of wild blueberries, and even 7 times higher than dark chocolate...Up to 9 times the beta carotene found in spinach...Nutrient-rich bright green chlorophyll to provide you with vibrant energy from the sun, boost the metabolism hence great for fat burning

### **Linseeds**

High plant source of omega 3, anti-oxidant rich. Lignans – which are oestrogen modulating. Highly hydrophilic, high soluble fiber, anti-inflammatory, high in vitamins & minerals, anti-oxidants & fiber.

### **Protein Powder – Whey Isolate**

The highest natural source of protein containing all 22 amino acids, hence is highly lean tissue sparing. Supports the immune system and helps detoxifies the liver, a great source of slow release energy. Essential for vegetarians, and those preparing to conceive and during pregnancy.

### **Spices: Ginger, Cinnamon, Turmeric & Nutmeg**

Cinnamon reduces blood sugar levels and normalises cholesterol. Also aids digestion, relieves pain and stiffness in joints and is great for circulation.

Ginger is great for the immune system, anti inflammatory and antioxidants.

Turmeric: anti-inflammatory, antioxidant, immune system

Nutmeg aids digestion, treating many digestive ailments.

### **Coconut Oil**

Coconuts are rich in lauric acid, which is known for being antiviral, antibacterial and antifungal, and boosts the immune system. Good saturated fat that is used for energy and great for enhancing thyroid function and boosting metabolism.

### **Olive Oil**

Good source of Omega 9, great for normalizing cholesterol levels and enhancing the cardiovascular system.

### **Raw Milk**

Folic Acid, Vitamin B2, B6 & B12, Vitamins A, C, D & E Minerals: calcium, phosphorus, potassium, sodium, traces of zinc, iron, selenium, manganese and copper. 20 out of 22 Amino Acids. Beneficial bacteria which live in our intestines and help boost immunity as well as digestion. These bacteria also help to eliminate unwanted harmful bacteria.

Mystoleic acid which fights pancreatic cancer and arthritis.

### **Natural Yoghurt**

Probiotics. and the same properties as milk.

### **Berries**

All high in antioxidants:

**Blackberries:** Vitamin E (Alpha Tocopherol), Folate, Magnesium, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin C, Vitamin K and Manganese

**Blue Berries:** blueberries contain vitamins A and C, zinc, potassium, iron, calcium and magnesium, and are high in fiber and low in calories

**Raspberries** are rich in anthocyanins and cancer-fighting phytochemicals such as ellagic, coumaric and ferulic acid. They also contain calcium, vitamins such as A, C, E, fiber and folic acid.

Clare & Donovan Blake  
Natural Fertility Program  
[www.naturalfertilityprogram.co.uk](http://www.naturalfertilityprogram.co.uk)

**Banana**

Vitamin C, Potassium, Manganese, Vit B6

**Pineapple**

Thiamin, Vitamin B6 and Copper, and a very good source of Vitamin C and Manganese. Enzyme, bromelain. (digestive enzyme).

**Additional Ingredients:****Maca**

Contains calcium, magnesium, potassium, phosphorus, iron, iodine, silica, zinc, vitamin B1, B2, B12, C, E, riboflavin, thiamine, ascorbic acid and essential fatty acids. It is also rich in sterols, alkaloids, tannins and saponins.

Maca increases energy, enhances stamina, mental clarity and athletic endurance. It restores and balances the hormone levels (particularly DHEA) in both females and males, alleviating impotence problems and menopausal or menstrual symptoms

**Chia Seeds**

Highest plant source of omega 3, anti-oxidant rich, 5 times more calcium than milk, 19-23% protein content containing all amino acids. Highly hydrophilic, high soluble fiber, anti-inflammatory, high in vitamins & minerals, anti-oxidants & fiber.

Eliminex® consists of a special carbohydrate called Fructo-oligosaccharides (FOS), a form of soluble fibre, which is found in many vegetables such as chicory and onions. When you take Eliminex® the FOS passes through your digestive system undigested until it reaches your bowel where the friendly bacteria use it as a food source. The result is a rapid growth in the 'friendly' bacteria, such as Bifidobacteria and Lactobacillus species. This is what is called the 'prebiotic' effect, and as the friendly beneficial bacteria multiply, the harmful pathogenic bacteria and yeasts are suppressed. This leads to better bowel tone, more regular movements and a reduction in digestive 'upsets'.

After just 2 weeks of taking 8g of Eliminex® daily, research has shown that FOS can significantly increase the number of beneficial bacteria in the gut by up to 10 times. This is why many researchers working in this area believe that prebiotic products are greatly undervalued compared to the popularity of probiotics.

Eliminex® is extracted from chicory roots and is suitable for all ages, including children and pregnant woman, as well as those on yeast-free diets and those on medication, and can be used on a long term basis. It is a sweet soluble powder that can be mixed in to cold or hot drinks, sprinkled on cereals or eaten of the spoon.

Daily intake: 3g to 10g