



MUSLIMAH
VITALITY HUB

SUPER SMOOTHIES FOR HORMONAL HARMONY

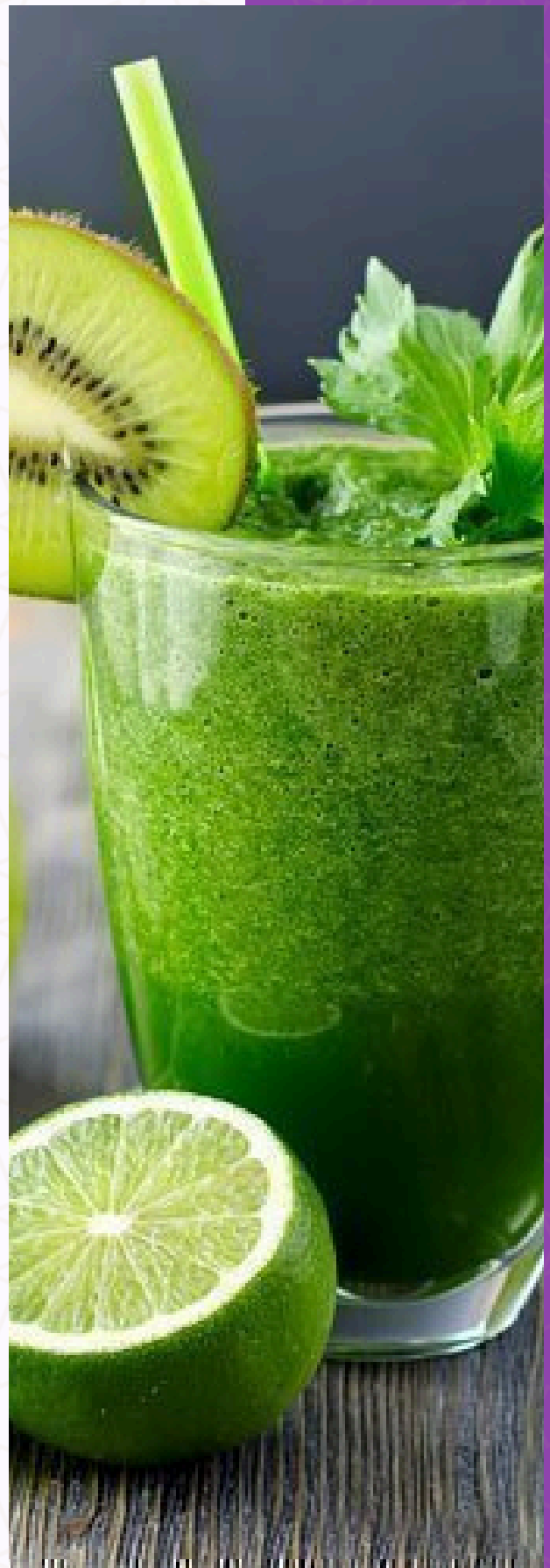
by

DR. NIKITA ISLAM



TABLE OF CONTENTS

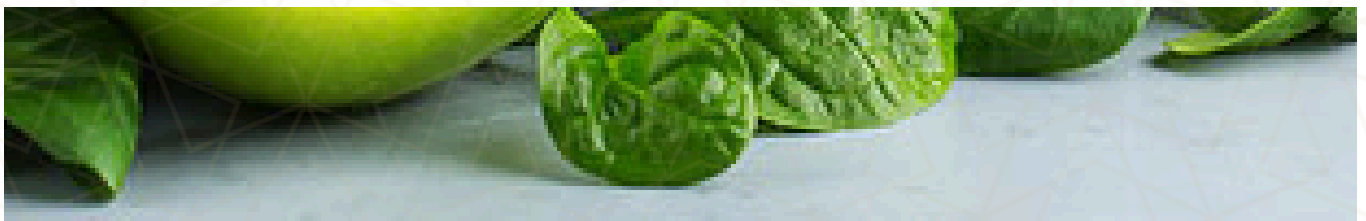
TIPS TO MAKE SMOOTHIES	02
SMOOTHIES RECIPES	04
GREEN SMOOTHIE	05
STRAWBERRY SMOOTHIE	05
KALE SMOOTHIE	06
HORMONE BERRY SMOOTHIE	06
HORMONE CHIA SMOOTHIE	07
HORMONE SUPERFOOD SMOOTHIE	07
TURMERIC HORMONE SMOOTHIE	08
DATE HORMONE SMOOTHIE.....	08
MANGO HORMONE SMOOTHIE.....	09
KEFIR SMOOTHIE	09





TIPS TO MAKE

SMOOTHIES





TIPS FOR MAKING DELICIOUS SMOOTHIES



1

Feel free to add water to thin out a smoothie.

2

Use fresh produce wherever possible. Organic, if available.

3

Each smoothie recipe serves one person and can be used as a substitute for one large meal.

4

Choose sweeteners like raw honey or stevia if you feel you need to sweeten your smoothie a bit.

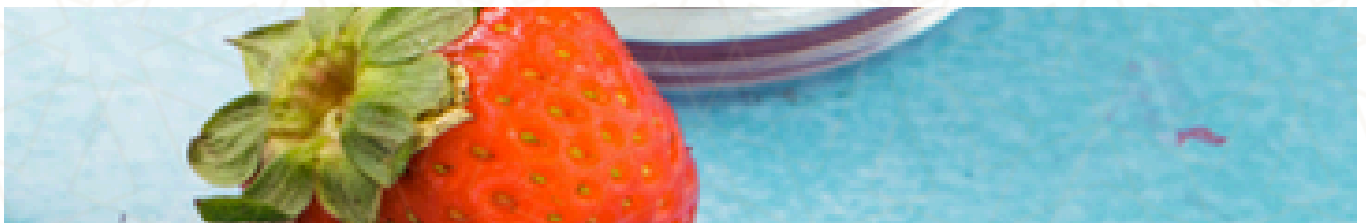
5

Give your smoothie a boost by adding any item listed here:

- Probiotic
- Flax seeds
- Chia seeds
- Spirulina
- Bee pollen
- Unsweetened shredded coconut
- Raw cacao powder
- Raw honey
- Sprouts of any kind
- Detox greens (dandelion, parsley, coriander, radish)



SMOOTHIES RECIPES





GREEN SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 scoop collagen protein or marine collagen
- 1 green apple
- 1 kiwi, without skin
- 1 tablespoon flax seeds
- ½ avocado
- 1 cup spinach
- ½ inch fresh ginger knob

Blend in a high-speed blender and enjoy!

STRAWBERRY SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 scoop collagen protein or marine collagen
- 1 date, pitted
- 1 tablespoon almond butter
- 1 cup strawberries
- ½ avocado
- 1 cup kale, chopped
- 1-inch fresh ginger knob

Blend in a high-speed blender and enjoy!





KALE SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups non-dairy milk
- 1 scoop collagen protein or marine collagen
- 1 tablespoon almond butter
- 1 cup frozen berries
- ¼ teaspoon turmeric
- ½ avocado
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!

HORMONE BERRY SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups full-fat, unsweetened coconut milk
- 1 scoop collagen protein or marine collagen
- ½ avocado
- 1 cup spinach
- 2 Brazil nuts, preferably soaked overnight
- 2 tablespoons kelp sprinkles
- 1 cup strawberries
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!





HORMONE CHIA SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups full-fat, unsweetened coconut milk
- 1 avocado
- 1 scoop collagen protein or marine collagen
- 1 cup kale, chopped
- 1 tablespoon almond butter
- 2 tablespoons chia seeds
- ½ cup blueberries
- 1-inch fresh ginger root

Blend in a high-speed blender and enjoy!

HORMONE SUPERFOOD SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 1 cup kale
- ½ cup blueberries
- 2 tablespoons walnuts
- 2 tablespoons goji berries
- 1 scoop collagen protein or marine collagen
- 1 teaspoon flax seeds
- 1 dash ground ginger

Blend in a high-speed blender and enjoy!





TURMERIC HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 2 cups spinach
- ½ cup blueberries
- ½ avocado
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 1 orange, without peel
- 1 Brazil nut, preferably soaked overnight
- 1 scoop collagen protein or marine collagen
- 1 teaspoon flax seeds

Blend in a high-speed blender and enjoy!

DATE HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1½ cups dairy-free milk
- 1 cup spinach
- 2 tablespoons almond butter
- 2 dates, pitted
- ½ cup blueberries
- ½ teaspoon vanilla extract (alcohol free)
- 1 scoop collagen protein or marine collagen
- 2 tablespoons chia seeds

Blend in a high-speed blender and enjoy!





MANGO HORMONE SMOOTHIE

Serves 1

INGREDIENTS

- 1 ½ cups dairy free milk
- 1 teaspoon cinnamon
- 1 tablespoon ground flax seeds
- 1 cup fresh or frozen berries
- 1 cup kale, chopped
- ½ cup mango (fresh or frozen)
- 1 tablespoon flax seeds
- 2 Brazil nuts, preferably soaked overnight
- 1 teaspoon cinnamon
- 1-inch fresh ginger knob

Blend in a high-speed blender and enjoy!

KEFIR SMOOTHIE

Serves 1

INGREDIENTS

- 1 cup dairy free kefir (coconut)
- 1 cup blueberries
- 2 tablespoons chia seeds
- 2 tablespoons pumpkin seeds for topping

Blend in a high-speed blender and enjoy!





Assalamuallaikum sisters, I'm Dr. Nikita Islam.

I am a Gynaecologist turned perimenopause coach. I am also a revert Muslim and a mother to 3 wonderful children.

I help Muslim women navigate through perimenopause and menopause with more energy, focus, and confidence.

After practising modern medicine for over 20 years in the UK and abroad, I became aware of its strengths and limitations. This led me to explore other holistic wellness practices and teachings from the sunnah.

Today, I infuse best practices from conventional and holistic medicine, and our sunnah and have created my signature holistic wellness programme. The practices in my programme are, safe, effective, easy to follow, and aligned with our deen.

I follow these practises myself and have helped numerous sisters reach the peak of their physical, mental and spiritual health.

I wish the same for you and invite you to experience life with an abundance of energy, focus and confidence in sha Allah.

- Obstetrician and Gynaecologist (MD, FRCOG).
- Practised modern medicine for over 20 years in the UK and abroad.
- Certified health coach, College of Naturopathic Medicine (UK)
- Certified NLP and timeline resourcing practitioner
- EFT, meditation & mindfulness informed
- Member, Association of Naturopathic Practitioners (UK)

Book a 1-1 session with me

Schedule an hour long one-on-one session to explore any, and all health concerns holistically and get actionable next steps.

Link:

<https://www.drnikitaislam.com/schedule>

Scan QR code



Join my membership

Join Muslimah Vitality Hub, a holistic midlife wellness programme, exclusively designed for Muslim women.

Link:

<https://www.drnikitaislam.com/mvh>

Scan QR code



www.drnikitaislam.com