

15 SMOOTHIES

FOR HEALTHY GLOWING SKIN



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it's all about the gut!

Research has shown that there is a direct link between the skin and gut. Healing your gut will help to transform your skin, but it will do more than that. Your gut health is also directly connected to your general wellbeing, energy levels and emotional and mental health. When you think about it, we have total control over how we look and feel. Everything we put in our mouths is a decision we make.

“The gut is not Las Vegas! What happens in the gut does not stay in the gut” - Dr Alessio Fasano

In this E Book you will find 30 of my favourite skin loving, gut loving smoothies.

The idea is to replace one meal a day with a smoothie packed full of goodness. In doing so, you will add so much health and you'll be glowing in no time.

In all the recipes, I add a good quality plant based protein and Fibre to boost the nutrients, which you can find in my [online shop](#).

how to make a basic smoothie

- 236 - 473 mL liquid, like water or non - dairy milk
- 2 scoops of protein, good quality plant based protein
- 1 scoop of Fibre
- 1/3 cup veggies, like spinach, kale or pumpkin
- 1/4 cup fruit, like berries or green apple
- 1 tbsp. healthy fat, like nut butter or half an avocado

Be sure to add fruit, veggies and healthy fats to boost your shakes and make them into a complete meal.



GLOWING SKIN

SUPER FOODS

There are endless combinations of ingredients

12 Skin Superfoods

- 1. Protein:** Given that protein is one of the building blocks of skin tissue, it's no surprise that an adequate intake of this macronutrient is essential for plump, healthy skin. Protein also contains two amino acids, namely L-lysine and L-proline, that support the body's production of collagen. I use Pea, Cranberry and brown rice protein (provides a complete amino acid profile) - perfect for vegans, vegetarians and omnivores
- 2. Fibre** help to improve the circulation of blood, keeps it thin, and improves the supply of oxygen and nutrients to skin cells, thus improving your skin's appearance from the inside out.
- 3. Avocado** - full of antioxidants, softens and hydrates the skin. Oranges- vitamin c helps reverse skin damage from the sun and has an anti wrinkle and anti ageing effects
- 4. Strawberries** - Improve skin tone and complexion.
- 5. Banana:** rich in potassium which helps hydrate and moisturize dehydrated skin.
- 6. Lemon:** helps balance the PH levels of your skin which is essential to minimizing problems with eczema, psoriasis, chronic dry skin and other common skin problems.
- 7. Kale** may be the king of all greens, but it's certainly the queen of beauty too. Kale is loaded with vitamin C, vitamin A and vitamin K which help repair skin tissues, prevent free radical damage and give you a radiant and fresh look.
- 8. Pumpkin** contains vitamin A, C, and E, and antioxidants, which help fight sun damage and wrinkles.
- 9. Apple:** contains vitamin C which helps you make collagen - what causes the skin to look smooth and hydrated.
- 10. Kiwi:** contains several skin friendly nutrients like vitamin C, E and antioxidants which are essential for rejuvenating your skin's health.
- 11. Ground Flaxseed:** The essential fatty acids found in flaxseeds help keep your skin hydrated and smooth in appearance.
- 12. Almond Milk:** contains vitamin E and a variety of antioxidants essential to your skin's health.



Glowing Skin Smoothie #1

Ingredients:

250 mls water or favourite nut milk
2 scoops of Vanilla Protein
2 frozen ripe bananas, previously peeled & sliced
1 cup chopped pineapple (frozen or fresh)
1 cup chopped mango (frozen or fresh)
2 cups spinach or kale 1/2 avocado, sliced

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.

Glowing Skin Smoothie #2

Ingredients:

250mls water
2 scoops of Vanilla Protein
1 tbsp flax seeds
1 banana
1 cup fresh or frozen raspberries
3 dates

Instructions:

Place all the ingredients in a blender and blend until smooth. Add a more water if it's too thick.



Glowing Skin Smoothie #3

Ingredients:

250 mls water or favourite nut milk
2 scoops of Vanilla Protein
1 scoop of fibre
1 cup of raspberries
1/2 cup strawberries
1/2 cup pineapple chunks
1/4 cup blueberries
1 cup spinach
1 tbsp flaxseed

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.





Glowing Skin Smoothie #4

Ingredients:

- 250 mls almond or coconut milk
- 2 scoops of Vanilla Protein
- 1 scoop of fibre
- 1/2 kiwi (peeled)
- 1/2 apple (cored, peeled and roughly chopped)
- 1 small banana (roughly chopped, or half of a big one)
- 4 large frozen strawberries
- 1 tbsp fresh lemon juice
- 1 tbsp ground flaxseed

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.

Glowing Skin Smoothie #5

Ingredients:

- 250mls water
- 2 scoops of Vanilla Protein
- 1 scoop of Fibre
- 1 tbsp flax seeds
- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/4 cup strawberries
- 1/4 cup kale center stem removed

Instructions:

Place all the ingredients in a blender and blend until smooth. Add a more water if it's too thick.



Glowing Skin Smoothie #6

Ingredients:

- 250 mls water or favourite nut milk
- 2 scoops of Vanilla Protein
- 1 scoop of fibre
- 1 cup spinach, (fresh)
- 1 cup coconut water, (unsweetened)
- 1 cup pineapple, (frozen)
- 1/2 avocado

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.





Glowing Skin Smoothie #7

Ingredients:

- 250 mls almond or coconut milk
- 2 scoops of Vanilla Protein
- 1 scoop of fibre
- 1 green apples , peeled and sliced
- 1 cups strawberries (heaped) , fresh or frozen
- Juice of 1 large oranges
- Juice of 1/2 lemon
- 1 bananas

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.

Glowing Skin Smoothie #8

Ingredients:

- 250mls water
- 2 scoops of Vanilla Protein
- 1/2 cup mixed frozen berries
- 1/2 cup baby spinach leaves
- 1 small banana

Instructions:

Place all the ingredients in a blender and blend until smooth. Add a more water if it's too thick.



Glowing Skin Smoothie #9

Ingredients:

- 250 mls coconut milk
- 2 scoops of Chocolate Protein
- 1 scoop of fibre
- 1 cup frozen cherries
- 2 tbsp coconut yogurt

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.





Glowing Skin Smoothie #10

Ingredients:

250 mls rice milk
2 scoops of Vanilla Protein
1 scoop of fibre
1/2 cup baby kale
1/2 cup spinach
1 frozen banana, cubed
1 cup mango, cubed
1 cup pineapple, cubed
1/4 cup honey
3 tbsp chia seeds

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.

Glowing Skin Smoothie #11

Ingredients:

250mls coconut milk
2 scoops of Vanilla Protein
4 tbsp chia seeds, soak overnight in 1 cup of water
2 cup raspberries, frozen
1/4 cup coconut flakes

Instructions:

Place all the ingredients in a blender and blend until smooth.
Add a more water if it's too thick.



Glowing Skin Smoothie #12

Ingredients:

250 mls coconut milk
2 scoops of Vanilla Protein
1 scoop of fibre
1 cup blueberries
1/2 frozen banana
1/2 ripe avocado
1 tbsp almond butter
1 tbsp chia seeds

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.



Glowing Skin Smoothie #13

Ingredients:

- 250 mls favourite nut milk
- 2 scoops of Vanilla Protein
- 1 scoop of fibre
- 1 cup (190g) fresh apricots, rinsed, pitted and cut in small pieces
- 2 tsp honey or agave syrup
- 1 cup (190g) fresh strawberries, rinsed and cut in half

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.

Glowing Skin Smoothie #14

Ingredients:

- 250mls almond or coconut milk
- 2 scoops of Vanilla Protein
- 1/2 cup of strawberries, frozen
- 1/4 frozen banana

Instructions:

Place all the ingredients in a blender and blend until smooth. Add a more water if it's too thick.



Glowing Skin Smoothie #15

Ingredients:

- 250 mls almond or coconut milk
- 2 scoops of Chocolate Protein
- 1 scoop of fibre
- 1 tbsp almond butter
- 1/4 cup mixed berries
- sprinkle with coconut flakes

Instructions:

Add all of the ingredients to the blender in the order listed. Blend on high for at least 3 minutes or until smooth. Scrape down the sides of the blender as needed. Add more water if it's too thick.



additional products to boost your smoothies

Why do I add protein powder to a smoothie?

Aside from the fact that added protein helps with the production of collagen which helps plump out your skin, adding protein turns your fruit smoothie into a complete meal. How long does a fruit salad keep you full for?

4 Key Products I Use



Protein Shake Mix

Grab yours here >>
<https://bit.ly/3vnRFte>



GutHealth Digestion & Microbiome Support

Grab yours here >>
<https://bit.ly/3dRXxEW>



GutHealth Fibre Support

Grab yours here >>
<https://bit.ly/2Qzgeoa>



SkinElixir Collagen Builder

Grab yours here >>
<https://bit.ly/3xrFddF>

Must Have!
Vegan Collagen
Builder

That's a Wrap

I hope you enjoy these smoothies and that they put you on the path to a holistic approach to beauty.

Head on over to my Facebook group where I shared tips and tricks specifically for busy mums to help them step into their inner beauty and unleash your inner goddess

<https://www.facebook.com/groups/thewonderwomanproject>

Please pop over and say hi!

LOVE THESE SMOOTHIES?

Take your holistic wellbeing to the next level by joining our 30 Days to Healthy Living & Beyond Program



[Find Out More Here](#)



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My favourite boards I pin to are Hair Styles, Clean Beauty, Beautiful Interiors and How Busy Moms Can Make Money Online

blog

[Check out my blog on all things to help mums unleash their inner goddess >](#)

