

Sally Wisbey's Smoothie of the month



Green smoothies are a great way to infuse your body with nutrients every day. This recipe is designed to boost your mood and beat depression. To find out more about this, take a look at our in-store feature on depression on page 28.

- ▶ 1 banana
- ▶ 1 tbsp ground flaxseed
- ▶ Handful of blueberries
- ▶ Handful of organic spinach
- ▶ 1 tsp of honey
- ▶ 2 tbsp Greek yogurt
- ▶ 1 cup of unsweetened almond milk

Sally says:

"Bananas are high in tryptophan which is needed to produce serotonin, a neurotransmitter that enhances mood. They also contain high levels of vitamin B6 which helps with the synthesis of tryptophan to serotonin. Greek yogurt is full of protein which triggers the production of dopamine, another neurotransmitter that leads to an increased sense of happiness and wellbeing. Flaxseeds are bursting with nutrition! They are full of B vitamins and contain excellent levels of the essential fatty acid omega-3, which is linked with boosting mood and depression. Blueberries are a great natural anti-depressant due to their high levels of anthocyanins which give them their deep blue/purple colour. These antioxidants are great at helping to fight inflammation and ward off depression. Spinach is a great source of folate (folic acid) which also increases serotonin. Deficiency of this vitamin is common with people who suffer from depression so increase your levels with this mouthwatering smoothie!"

■ To find out more about Sally, visit www.sallywisbeynutrition.co.uk or follow her on Twitter: @wizznutrition