

Sally Wisbey's Smoothie of the month



This month's smoothie will help to support your immunity. To find out more about this, take a look at our immunity-boosting checklist on page 32.

- ▶ 1 cup of frozen berries
- ▶ 1 green teabag
- ▶ 2 tsps honey
- ▶ ½ banana
- ▶ 1 tsp of flaxseeds
- ▶ Juice of ½ a lemon
- ▶ ½ cup of natural yogurt

Add the teabag to boiling water and let it brew for 3-4 minutes. Add the honey and stir until it dissolves before leaving to cool. Once cooled, pour into a blender with the rest of the ingredients and blend until smooth.

Sally says:

"This smoothie is a great way to build up your immune system through the coming winter months. A healthy immune system starts within the gut – natural yogurt is a great source of beneficial bacteria which helps protect the health of our digestive system and keeps away those nasty bugs.

Lemons and berries are high in vitamin C which is thought to prevent injury to our cells and therefore protects our immune system. These fruits contain vast amounts of antioxidants which fight off free radicals that can cause disease.

Green tea contains one of the highest levels of antioxidants amongst food sources and plays a big part in protecting against disease including the common cold and viral infections.

Honey possesses natural antibacterial properties so is great for fighting off infections, whilst flaxseeds are rich in omega-3 fats, also vital for strong immunity."

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