

Sally
Wisbey's
**Smoothie
of the
month**



This month I thought I would provide a delicious breakfast smoothie to go alongside our article on healthy breakfast suggestions on page 36.

150ml of natural live yogurt
1 banana
½ cup of strawberries
2 tbsp of oats
6 Brazil nuts
**2 tbsp of 'Detox your world'
chia seeds**

Sally says:

"Breakfast is the most important meal of the day so it is essential to start off with the correct balance of carbohydrates and proteins. Bananas are a great fruit to add to smoothies as they provide quality fuel for the body. They are a great source of fibre, including inulin, a prebiotic which feeds the good bacteria (probiotic) in our digestive system.

Natural live yogurt is rich in probiotics so this works well with the banana. Keeping our gut bacteria healthy is essential for a good immune system and helps prevent conditions such as arthritis, eczema and hay fever. Yogurt is also a high source of protein which helps balance the carbohydrates found in the fruit and oats, keeping you fuller for longer and energised.

Oats contain good levels of the soluble fibre beta glucan and have been shown to help lower cholesterol whilst strawberries are rich in vitamin C, an antioxidant that helps protect the heart.

Brazil nuts and chia seeds are rich in protein and omega-3 fats, crucial for brain function to help set you up for the day!"

■ **To find out more
about Sally, visit
www.sallywisbeynutrition.co.uk**