

Sally Wisbey's Smoothie of the month



Getting the right nutrients can really help sufferers of skin conditions like eczema and psoriasis. This smoothie is packed with ingredients to help hydrate and improve the condition of the skin – plus it's the perfect refreshing and delicious treat for a summer's day.

You will need:

- ▶ ½ avocado
- ▶ ½ cucumber
- ▶ Juice of half a lime
- ▶ Small handful of mint
- ▶ ½ inch piece of ginger
- ▶ 200ml coconut water
- ▶ 1tbsp of wheat germ
- ▶ 1tsp of barley grass

Put all ingredients into a blender and whizz until smooth.

Sally says:

"Kiwis are great for the skin due to their long list of nutrients. They contain vitamin C and the mineral copper which work together to produce collagen, helping to keep skin renewed and firm. Kiwis are also a good source of zinc which helps keep skin healthy and protects cells from damage. Avocados and wheat germ deliver high levels of vitamin E and healthy fats which help to moisturise and prevent dry skin.

Limes are rich in vitamin C, whilst ginger contains anti-inflammatory properties helping to soothe and calm any redness or irritation.

Barley grass is known to improve the condition of the skin whilst cucumbers and coconut water have a hydrating effect helping to keep the skin moist, plump and hydrated.

Get your skin in tip top condition by making this smoothie every day."

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

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