

Sally Wisbey's Smoothie of the month



This month's smoothie is packed full of superfoods, many of which can be found in your local independent health food store. To find out more about superfoods, read our feature on page 36.

- 1 frozen banana**
- 3 stalks of kale (use just the leaves)**
- Small handful of goji berries**
- ¼ pineapple**
- 3 leaves of cos lettuce**
- 1 tsp of chia seeds**
- 1 tsp spirulina powder**
- 1 tsp maca powder**
- 1 tsp flaxseeds**
- Small cup of coconut water**



Put all ingredients into a blender and whizz until smooth

Sally says:

"When someone says superfoods, I think of green smoothies! One of my favourite superfoods is kale. It contains the highest levels of antioxidants of all vegetables, helping to fight free radicals that contribute to cancer and ageing. One portion of kale contains twice the recommended daily amount of vitamin C, vital for a healthy immune system.

Goji berries have high levels of beta carotene, thought to help fight against heart disease. They also contain anti-inflammatory, antibacterial and antifungal properties to help combat disease. Flax seeds and chia seeds are rich in essential fatty acids and protein, making these ideal foods for athletes, providing energy and helping to repair muscle.

Maca powder is packed with vitamins, minerals, protein and essential fats. It supplies a great energy boost, supporting the thyroid and even improving male fertility and libido. Another of my favourites is spirulina. It contains high amounts of protein and is a powerhouse of energy, increasing vitality and overall health. This blue/green algae is so nutrient-dense it is thought you could survive on spirulina and water alone!"