

Nourishing you FROM 9 TO 5

the
nourishing
space



A cross-section of a lemon slice is centered on a white background. The slice shows the yellow pulp and white pith. Overlaid on the slice is the text: "SOMETIMES I believe AS MANY AS six impossible THINGS BEFORE BREAKFAST". The words "SOMETIMES I", "AS MANY AS", "THINGS BEFORE", and "BREAKFAST" are in a black, all-caps, sans-serif font. The words "believe" and "six impossible" are in a black, lowercase, cursive font.

SOMETIMES I
believe
AS MANY AS
six impossible
THINGS BEFORE
BREAKFAST

Lewis Carroll

SUPER
FOOD
KEY



SUPERFOOD SMOOTHIES

PREP TIME: 5 MINUTES
SERVES 1

GREEN SUPERFOOD SMOOTHIE

INGREDIENTS:

- ½ banana
- 1 tablespoon chia seeds (soaked in water for 2 minutes)
- 1 handful greens- baby spinach leaves, kale or lettuce
- 250 ml coconut water
- 1 tablespoon protein powder (optional)

WHAT YOU NEED DO:

Soak the chia seeds in a small bowl of water for 1-2 minutes. Place all the ingredients in a blender and blend until combined. If you like a thicker smoothie, add a few cubes of ice.

BERRY-BEAUTIFUL SUPERFOOD SMOOTHIE

INGREDIENTS:

- ½ cup mixed berries
- 1 tablespoon chia seeds (soaked in water for 2 minutes)
- 1 teaspoon maca powder
- 250 ml coconut water or almond milk
- 1 tablespoon Sunwarrior protein powder (optional)

WHAT YOU NEED DO:

Soak the chia seeds in a small bowl of water for 1-2 minutes. Place all ingredients in a blender and blend until well combined.

ADDING THE NOURISHING TOUCH

ESSENTIAL FATS

- Crushed nuts
- Coconut flakes

PROTEIN

- LSA

SUPERFOODS

- Bee Pollen
- Goji Berries

SLOW RELEASING CARBOHYDRATES

- 30g oats



CHOC BANANA SUPERFOOD SMOOTHIE

INGREDIENTS:

- ½ banana
- 1 tablespoon chia seeds (soaked in water for 2 minutes)
- 1 tablespoon cacao (I like mine strong!)
- 1 teaspoon maca powder
- 250 ml coconut water or almond milk
- 1 tablespoon Sunwarrior protein powder (optional)

WHAT YOU NEED DO:

Soak the chia seeds in a small bowl of water for 1-2 minutes. Place all ingredients in a blender and blend until well combined.

IF YOU ARE PRESSED FOR TIME IN THE MORNING YOU CAN MAKE YOUR SMOOTHIE THE NIGHT BEFORE, JUST BE SURE TO TIGHTLY SEAL YOUR SMOOTHIE IN A GLASS JAR.

THANK YOU FOR SHARING MY JOURNEY

To continue receiving Nourishing updates, you can follow me here:

THE BLOG



FACEBOOK



INSTAGRAM



PINTEREST



TWITTER



Design and photography by Erin Farrugia
www.erinfarrugia.com