



charlottehunter
NUTRITION

scrumptious smoothies



deliciously healthy recipes based on cakes, bakes and puddings

By Charlotte Hunter

Black Forest Gateau

2 handfuls of cherries (I prefer frozen)
1 tbsp oats
1 tbsp yoghurt
100ml oat milk
100ml apple juice
1 tsp lemon juice
1 small banana
1 tbsp oat cream
2 tsp chocolate powder

Feel Good Tip:

If you're serving this as a dessert why not put some cherries in the bottom of a glass, reduce the amount of liquid used in the recipe and top with the smoothie mixture. You could even add some 70% chocolate sprinkles on the top.

Feel Good Nutrition:

We don't often associate chocolate with a wholesome diet and its health properties are often overlooked. As part of a balanced diet it's absolutely fine to eat small quantities of high quality dark chocolate. It contains antioxidants which are beneficial for a healthy heart, healthy cholesterol and balanced blood pressure. Oh, and it tastes really good too!

Rhubarb Crumble and Custard

2 handfuls of rhubarb (stewed)
Xylitol to sweeten the rhubarb
100ml oat milk
50ml apple juice
50ml orange juice
½ small banana
1 tbsp oats
1 tbsp yoghurt
1 tbsp oat cream
¼ tsp vanilla essence
1 tsp lemon juice
½ tsp grated ginger or ideally ½ inch of fresh ginger juiced

Feel Good Tip:

If you can't get your hands on fresh rhubarb you can use frozen or tinned. If you're using tinned you might need to add extra lemon juice to zing it up a bit.

Feel Good Nutrition:

Rhubarb contains antibacterial chemicals, to fight off infections, and high levels of vitamin C. It's also a natural laxative and a good source of fibre so encourages healthy digestion. Although don't eat too much...

Tiramisu

100ml oat milk
100ml apple juice
1 tbsp oats
1 tbsp yoghurt
1 tsp chocolate powder
1 dsp black coffee
1 tsp agave syrup

Feel Good Tip:

For a really decadent smoothie dessert you can add a shot of amaretto and top with grated 70% chocolate.

Feel Good Nutrition:

Coffee contains caffeine and that's not great for our health because it stresses our adrenal glands, dehydrates our bodies and upsets our mineral balance. The amount of coffee used in this recipe is very small so it shouldn't cause any problems. If you really want to avoid caffeine you could try decaffeinated coffee or a coffee alternative such as barley cup or dandelion coffee, which you can buy from your local supermarket or health food shop.

Chocolate & Orange Cake

200ml orange juice
50ml milk (soya, rice or cows')
1 tbsp yoghurt
1 tbsp oats
1 small banana
1 tsp lemon juice
1-2 tsp chocolate powder (or carob)

Feel Good Tip:

If you're serving this as a dessert you can add an extra tablespoon of yoghurt, serve in small dishes and top with orange slices and grated *Green & Black's Maya Gold Chocolate*.

Feel Good Nutrition:

Bananas are packed full of potassium which is an important electrolyte that helps fluid balance and heart function. They are also soothing on the digestive tract due to their high content of pectin which is a soluble fibre.

Summer Trifle

100ml pomegranate juice
100ml oat milk
2 handfuls of your favourite summer berries
1 tsp sugar free strawberry jam
1 tbsp yoghurt
1 tbsp oat cream
¼ tsp vanilla essence

Feel Good Tip:

Most supermarkets do boxes of frozen summer berries which are great for when berries are out of season.

Feel Good Nutrition:

The quality of sugar free jams vary so make sure you choose one that's sweetened with fruit juice rather than artificial sweeteners, which are not great for our health.

Raspberry Pavlova

100ml apple juice
100ml rice milk
1 tbsp soya or rice cream
2-3 handfuls of raspberries
1 tsp honey
1 tsp lemon juice

Feel Good Tip:

To make this even creamier try using 200ml of milk and leave out the apple juice.

Feel Good Nutrition:

Raspberries are one of nature's natural detoxifiers with high amounts of fibre to improve digestion and keep cholesterol levels in check. Like their berry friends they contain high levels of vitamin c and antioxidants, which work to protect your body from everyday use and abuse.

Pear & Custard Tart

2 ripe William pears
½ banana
1 tsp agave syrup
200ml apple juice
1 tbsp oats
1 tbsp yoghurt
1 tsp vanilla essence
1 tbsp *Oatly*
Pinch of cinnamon

Feel Good Tip:

For a super sweet smoothie make sure your pears are nice and ripe; the squishier the better! Also if you have a juicer, substitute the apple juice with pear juice for a lovely sweet treat.

Feel Good Nutrition:

Pears are a great source of soluble fibre, which is good for keeping you 'regular'. They also contain bioflavanoids, which are powerful free-radical zapping antioxidants that may help to protect your skin from ageing.

Key Lime Pie

100ml orange juice
100ml rice milk
1 tbsp quark
1 tbsp oats
1 tbsp lemon juice
1 tbsp lime juice
Zest of ½ lime
Zest of ½ lemon

Feel Good Tip:

To make this super zingy just add a little more lemon and lime juice.

Feel Good Nutrition:

Limes are vitamin C powerhouses and also contain anti-viral agents making them a useful addition to your diet if you're suffering from a cold.