

Banana and Kiwi fruit smoothie Serves 1

This recipe is suitable for Paleo and Whole 30.

This smoothie packs a whopping 17g of fibre, which keeps you sustained for longer and also helps your body slowly absorb all the nutrients. Smoothies and juices are a great way of giving your body a burst of nutrient dense goodness. Each smoothie can be tailored to suit your taste, always aim to include an element from each of the following; fats, fibre, herb/spice, colour. Sometimes simple is best, generally i stick to 3 -5 fruit/vegetable pieces, if I'm adding citrus i would use coconut water instead of milk.

Ingredients.

- 2 pieces of celery about 2" long.
- 1/2 a small apple, quartered.
- 1/2 small banana.
- 200ml Almond milk.
- 1/4 tsp turmeric
- 1/2 tsp cinnamon
- 1/2 tsp Raw Honey
- 2 tsp Psyllium Husks.
- 2 Brazil nuts.
- 1/2 Kiwi fruit

Method.

1. Prepare your Ingredients, and place them all into a blender (we use a Ninja, something small will suffice) and blitz until it has all come together into a smooth consistency. Add more milk or water if you find it too thick.

Notes.

You can switch the Almond milk to whichever type of milk you have available or are able to eat at your stage of diet.

When preparing the ingredients place the leftovers into container for use the following day.