



THE 'IRON BOOST' SMOOTHIE

Smoothie Program

Ingredients:

½ ripe avocado
1 orange, peeled
a pinch of Espelette chilli powder
(or your favourite brand based on taste and heat tolerance)

2 tsp of powdered spirulina (you can substitute other algae: e.g. klamath or chlorella)
a handful of fresh basil (variation: parsley, also rich in iron!)
1 glass of almond milk
Optional: 2 tsp of honey

Put all ingredients into the blender and mix by using either the “smoothie” function or by repeatedly selecting the “pulse” function. Process until the smoothie is nice and smooth, taking care not to overmix as this can heat the smoothie and reduce its nutritional value.

NUTRITIONAL BENEFITS:

This is a low sugar smoothie. The orange juice gives it a slight sweetness. If you want to add a sweetener, choose a natural one. Good sources of natural sugars include fruit (e.g. apples or dates), honey, maple syrup, or syrup from coconut or agave.

Choose ingredients rich in vitamin C so as to increase iron absorption from the spirulina, a revitalising super algae that is much loved by athletes.