



NEAL'S YARD REMEDIES



Morning breeze smoothie

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Zingy and thirst quenching, this refreshing smoothie helps replace essential fluids, electrolytes and nutrients – perfect after a fun night.

Ingredients - Serves 2

Organic Virgin Coconut Oil*

– 1 heaped teaspoon
Mind & energy boost

Organic Beauty Oil*

– 4 tablespoons
Full of antioxidants

Bee pollen* – sprinkle
(optional) Nature's
antioxidants power pack

Milk Thistle Tincture* – 5ml
Helps support a healthy liver

Turmeric powder*
– 1 heaped teaspoon
Supports the liver

Baobab powder*
– 2 teaspoons
Rich in vitamin C
to aid recovery

Grapefruit – 1

Pineapple – ½ chopped

Maple syrup or honey
– 1 tablespoon

Ginger – ½ teaspoon,
finely grated

Directions

1. Pop all the ingredients into a blender, cover and blitz
2. Pour into 2 glasses

Tips ♡.



Recipe by Tipper Lewis, Naturopathic Herbalist at Neal's Yard Remedies

*Available in Neal's Yard Remedies stores and online at nealsyardremedies.com