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The Healthy Chef's superfood chocolate smoothie recipe



11 th Oct 2016 SHARE

If you want super power packed nutrition - then you need to try Teresa Cutter aka The Healthy Chef's chocolate smoothie.

"This makes a delicious healthy snack or light meal that's perfect when you want to indulge in a little chocolate therapy," says Teresa Cutter. "The addition of frozen chopped banana makes it smooth and creamy and I sometimes throw in other fruits that complement and add extra nutrition such as frozen blueberries.'

What it's good for:

- · Flaxseed and chia are a great source of omega 3 EFA's (essential fatty acids) which are critical for good health. The health benefits of omega 3 include helping to lower cholesterol levels, reduce high blood pressure, improve symptoms of arthritis, improve skin health and improve mental health, as the brain is 60% fat and needs omega 3 to function properly.
- Cacao is high in magnesium and iron and also contains compounds that act as stimulants believed to boost serotonin and endorphin levels in the
- Coconut water and banana are great sources of potassium which helps to regulate fluid balance in the body and is necessary for nerve and muscle
- · Protein helps repair the body and is necessary for healthy glowing firm skin. Healthy Chef Protein contains the amino acids L-lysine and L-
- · Antioxidants from added fruits and vegetables will nourish your body to



proline, which are very important in the creation of collagen, which gives structure to your skin's tissues that can break down as we age support optimum health and vitality.







Ingredients:

- · One banana, chopped
- One tablespoon Healthy Chef Pure Protein
- One tablespoon Healthy Chef Superfood antioxidant
- Two teaspoons cacao powder
- 250 ml coconut water or almond milk
- Two teaspoons flaxseed or chia seed
- 1/2 cup ice

Combine banana, Healthy Chef Pure Protein and Superfood, cacao powder, coconut water, flaxseed and ice. Blend in a high good high speed blender like a vitamix until smooth and creamy. Enjoy for breakfast or lunch or as a healthy snack.

Read more about Teresa Cutter in the February 2016 issue of Vogue Australia, on sale now.