

LABOTHÉCAIRE[®]
CONFIDENTLY BEAUTIFUL



#LABOTHECAIRE_GLOW_CHALLENGE

GLOW TODAY & EVERYDAY



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WELCOME TO THE GLOW CHALLENGE

A healthy diet is a pillar of glowing skin. The better the quality of food we eat, the easier and faster we achieve healthy glowing skin. Because we understand the importance of nutrition, we created The Glow Challenge where we combined Labothécaire Glow Ritual with Labothécaire Glow Recipes. In just 4 weeks, you can achieve glowing skin, simply by using your Glow Serums daily and eating at least one Glow Meal a Day!

CHALLENGE INSTRUCTIONS

1- Apply Your Glow Serums in the Morning & Evening



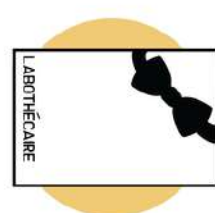
2- Drink/ Eat a
Glow Meal



3- Apply Your SPF



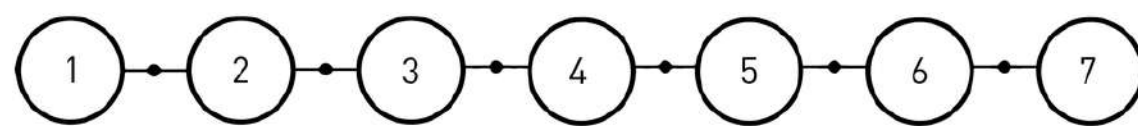
4- Drink Water



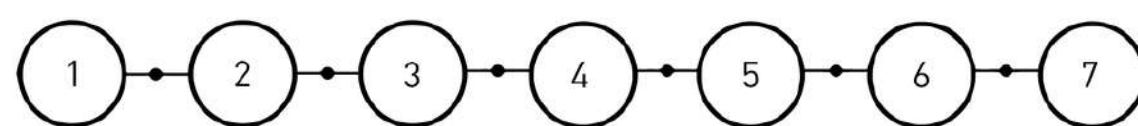
5- Take a before and after picture and share it with us on Instagram for a chance to win favorite product for **FREE** with your next order.

30 DAY GLOW CHALLENGE

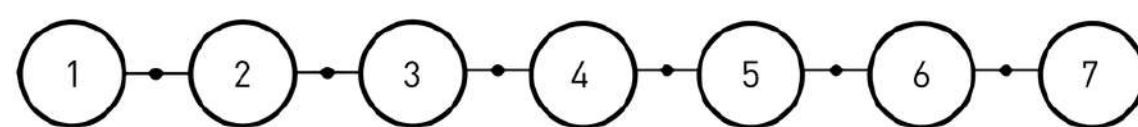
Week One



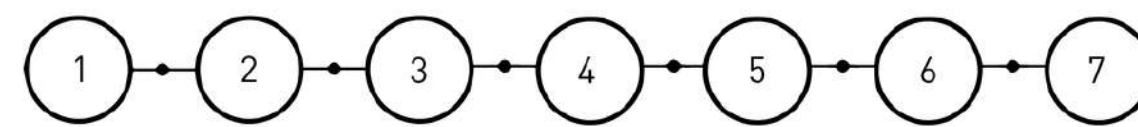
Week Two



Week Three



Week Four



- Blueberries are high in antioxidants that protect the skin from free radical damage and promote overall skin health.
- Chia seeds contain essential fatty acids, such as alpha-linolenic acid, which help to moisturize and improve skin health.
- Blueberry chia seed pudding contains several important vitamins and minerals for skin health, such as vitamin C, vitamin E, calcium, iron, magnesium, and potassium.

BLUEBERRY CHIA SEED PUDDING

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup
- 1/2 cup fresh blueberries

METHOD

- In a medium bowl, combine the chia seeds, almond milk, vanilla extract, and maple syrup. Stir well to combine.
- Let the mixture sit for 10-15 minutes, stirring occasionally, until the chia seeds have absorbed the liquid and the mixture has thickened to a pudding-like consistency.
- Stir in the fresh blueberries.
- Serve the blueberry chia seed pudding immediately, or chill it in the refrigerator for a few hours to thicken further and develop the flavors



- Turmeric contains curcumin, which has anti-inflammatory effects. Inflammation in the body can cause skin conditions such as acne, psoriasis, and eczema.
- Turmeric also has antioxidant effects, which means it can help to neutralize free radicals in the body.
- Cauliflower is a good source of vitamin C, which is important for the production of collagen.

TURMERIC ROASTED CAULIFLOWER

INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt to taste

METHOD

- Preheat the oven to 400°F (or preheat the air fryer to 400°F if using).
- In a large bowl, toss the cauliflower florets with the olive oil, ground turmeric, ground cumin, and salt until well coated.
- Spread the cauliflower florets in a single layer on a baking sheet (or place them in the air fryer basket if using).
- Roast the cauliflower in the preheated oven for 20-25 minutes, or until tender and golden brown (or air fry for 15-20 minutes until tender and golden brown).
- Serve the turmeric roasted cauliflower hot as a side dish or as a healthy snack.



- Green tea is a rich source of antioxidants like catechins, which help to protect the skin from damage caused by free radicals.
- Green tea also has anti-inflammatory properties, which can help to reduce redness and inflammation in the skin. This is beneficial for conditions like acne or rosacea.
- Green tea contains a compound called EGCG (epigallocatechin gallate), which can help to stimulate the production of collagen

GREEN TEA SMOOTHIE

INGREDIENTS

1 cup brewed green tea (cooled)

1 banana

1 cup mixed berries (fresh or frozen)

Handful of spinach leaves

Splash of almond milk

METHOD

- Brew a cup of green tea and let it cool to room temperature.
- Add the cooled green tea to a blender.
- Peel and slice a banana and add it to the blender.
- Add a cup of mixed berries to the blender.
- Add a handful of spinach leaves to the blender.
- Add a splash of almond milk to the blender.
- Blend all the ingredients together until smooth.
- If the smoothie is too thick, add more almond milk until it reaches your desired consistency.
- Pour the smoothie into a glass and serve immediately.



- Shrimp is a good source of protein and essential nutrients like vitamin B12, which is important for skin cell renewal. It also contains astaxanthin, a powerful antioxidant that can help to reduce inflammation and protect against UV damage.
- Garlic is rich in sulfur compounds that can help to reduce inflammation and improve circulation. It also has antibacterial and antifungal properties, which can help to prevent breakouts.
- Onions contain quercetin, a flavonoid that has antioxidant and anti-inflammatory properties. This can help to protect the skin from damage caused by free radicals and reduce inflammation.
- Broccoli is a good source of vitamins A and C, as well as antioxidants like lutein and zeaxanthin. These nutrients can help to promote healthy skin and reduce the risk of sun damage.



GARLIC SHRIMP AND BROCCOLI STIR-FRY

INGREDIENTS

- 1 lb. medium shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 small onion, diced
- 2 cups broccoli florets
- 2 tablespoons olive oil
- Salt and pepper to taste
- Cooked brown rice for serving

METHOD

- Heat the olive oil in a large nonstick skillet over medium-high heat.
- Add the minced garlic and diced onion to the skillet and sauté for about 1-2 minutes, or until fragrant.
- Add the peeled and deveined shrimp to the skillet and stir-fry for about 2-3 minutes, or until the shrimp are pink and cooked through.
- Add the broccoli florets to the skillet and stir-fry for about 2-3 minutes, or until the broccoli is tender-crisp.
- Season with salt and pepper to taste.
- Serve the shrimp and broccoli stir-fry over cooked brown rice.

- Berries are loaded with antioxidants such as vitamin C, anthocyanins, and flavonoids that can help protect the skin from damage caused by free radicals.
- Yogurt is a good source of protein, which is essential for the growth and repair of skin cells. Protein can also help improve skin elasticity and firmness.
- Yogurt contains vitamin E, which is a potent antioxidant that can help protect the skin from damage caused by environmental stressors like pollution and UV radiation.

BERRY YOGURT PARFAIT

INGREDIENTS

- 1 cup plain Greek yogurt
- 1 cup mixed berries (blueberries, raspberries, and strawberries)
- 1/4 cup chopped nuts (almonds and walnuts)
- 1-2 tablespoons honey or maple syrup
- 1 tablespoon chia seeds

METHOD

- Rinse the berries and chop any large pieces if necessary.
- In a bowl, mix the berries together.
- In a separate bowl, mix the Greek yogurt until smooth.
- Begin layering the parfait in a glass or jar by adding a layer of Greek yogurt at the bottom.
- Next, add a layer of mixed berries on top of the yogurt.
- Sprinkle a layer of chopped nuts on top of the berries.
- Repeat the layering process until the glass or jar is full.
- Drizzle honey or maple syrup over the top layer.
- Sprinkle the chia seeds on top of the sweetener. Serve immediately or refrigerate until ready to eat.



- Quinoa is a whole grain that is rich in protein and fiber, as well as vitamins and minerals like vitamin B6, iron, and zinc. These nutrients are important for maintaining healthy skin and promoting cell regeneration.
- Cucumbers are rich in water and antioxidants like vitamin C and beta-carotene. These properties help to hydrate the skin and protect it from damage caused by free radicals.
- Pomegranate seeds are rich in antioxidants, particularly ellagic acid, which has been shown to have anti-inflammatory effects and protect against UV damage. They also contain vitamin C, which helps to brighten the skin.



POMEGRANATE QUINOA SALAD

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 small cucumber, diced
- 1/2 cup pomegranate seeds
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste

METHOD

- Bring the quinoa to a boil, then reduce the heat to low and cover the saucepan.
- Let the quinoa simmer for about 15-20 minutes, or until all the water has been absorbed and the quinoa is tender.
- Remove the saucepan from the heat and let the quinoa cool to room temperature.
- In a large bowl, combine the cooled quinoa, diced cucumber, pomegranate seeds, chopped fresh parsley, and crumbled feta cheese.
- In a small bowl, whisk together the lemon juice, honey, extra-virgin olive oil, salt, and pepper to make the vinaigrette.
- Drizzle the vinaigrette over the quinoa salad and toss to coat.

- High in antioxidants: are both rich in antioxidants, which can help to protect the skin from damage caused by free radicals.
- Beets contain vitamin C, which is essential for the production of collagen
- Greek yogurt and almond milk both contain protein and moisture, which can help to keep the skin hydrated and prevent dryness.
- Berries and beets contain anti-inflammatory compounds, which can help to reduce redness and inflammation in the skin.

BERRY BEET SMOOTHIE

INGREDIENTS

- 1/2 cup cooked beets
- 1/2 cup mixed berries
- 1/2 cup Greek yogurt
- 1/4 cup almond milk
- Handful of ice
- drizzle of honey

METHOD

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!



- Tomatoes are a rich source of vitamins A and C, potassium, and fiber, while basil is a good source of vitamin K, iron, and calcium.
- Tomatoes and basil are rich in antioxidants, which help to protect the body from damage caused by free radicals and reduce the risk of chronic diseases.
- The antioxidants and other compounds in tomatoes and basil also have anti-inflammatory properties, which can help to reduce inflammation in the body and protect against inflammatory conditions.



TOMATO & BASIL SALAD

INGREDIENTS

2 ripe tomatoes

1 tablespoon extra-virgin olive oil

1 tablespoon balsamic vinegar

1 tablespoon freshly squeezed lemon juice

1/4 teaspoon sea salt

Fresh basil leaves for garnish

METHOD

- Wash and slice the tomatoes into thin rounds or wedges.
- Arrange the tomato slices on a plate.
- Drizzle the extra-virgin olive oil, balsamic vinegar, and freshly squeezed lemon juice over the tomatoes.
- Sprinkle the sea salt over the tomatoes.
- Garnish with fresh basil leaves.
- Serve immediately and enjoy!

- Mango and avocado are both high in antioxidants, which can help to protect the skin from damage caused by free radicals.
- The healthy fats in avocado and the vitamin C in mango both have anti-inflammatory properties that can help to reduce inflammation in the skin.
- The vitamin C in mango can help to boost collagen production, which is essential for maintaining firm and elastic skin.
- The healthy fats in avocado can help to promote skin regeneration, which is essential for maintaining healthy and youthful-looking skin.

AVOCADO MANGO SMOOTHIE

INGREDIENTS

- 1/2 avocado
- 1/2 cup chopped mango
- 1/2 cup Greek yogurt
- 1/4 cup orange juice
- Handful of ice

METHOD

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!



- Turmeric and ginger both have anti-inflammatory properties that can help to reduce redness, swelling, and inflammation in the skin.
- The vitamin C in bananas can help to boost collagen production, which is essential for maintaining firm and elastic skin.
- Ginger has been shown to have wound-healing properties, which may help to promote the healing of skin blemishes and scars.

TURMERIC GINGER SMOOTHIE

INGREDIENTS

1 banana
1 tsp turmeric powder
1 tsp grated ginger
1/2 cup Greek yogurt
1/2 cup almond milk
Handful of ice
drizzle of honey

METHOD

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy!



- Spinach is a leafy green vegetable that is high in antioxidants, vitamins A and C, and minerals such as iron and magnesium.
- Feta cheese is a good source of protein and calcium, both of which are important for skin health. Protein is essential for the growth and repair of skin cells, while calcium helps to maintain skin elasticity and firmness.
- Eggs are also a good source of protein and contain several vitamins and minerals that are important for skin health, including vitamins A, D, E, and B-complex vitamins.



SPINACH & FETA OMELETTE

INGREDIENTS

2-3 eggs

Splash of milk

Salt and pepper to taste

Handful of baby spinach leaves

1/4 cup crumbled feta cheese

Cooking spray or a pat of butter

METHOD

- Crack 2-3 eggs into a small bowl and add a splash of milk. Season with salt and pepper to taste, then beat the mixture with a fork until the yolks and whites are fully combined.
- Heat a nonstick skillet over medium-high heat.
- Once the skillet is hot, add a small amount of cooking spray or a pat of butter to the pan and let it melt.
- Pour the egg mixture into the skillet and add a handful of baby spinach leaves and crumbled feta cheese to one side of the omelette.
- Use a spatula to gently fold the other side of the omelette over the spinach and feta filling.
- Let the omelette until the eggs are fully set and the cheese is melted.

- Blueberries are a great source of antioxidants, which can help to protect your skin against damage from free radicals
- Matcha powder contains high levels of the amino acid L-theanine, which can help to promote collagen production in the skin.
- Blueberries and matcha powder both contain anti-inflammatory compounds that can help to reduce
- Almond milk and Greek yogurt are both excellent sources of hydration, which is essential for maintaining healthy skin.

BLUEMATCHA SMOOTHIE

INGREDIENTS

1 cup mixed berries (fresh or frozen)

1 tsp matcha powder

1/2 cup Greek yogurt

1/4 cup almond milk

A handful of ice

Optional: Honey or maple syrup for sweetness

METHOD

- Add the mixed berries, matcha powder, Greek yogurt, almond milk, and ice into a blender.
- Blend the ingredients until smooth and well combined.
- Taste the smoothie and add honey or maple syrup for sweetness, if desired.
- Blend the smoothie again for a few seconds until the sweetener is well mixed.
- Pour the smoothie into a glass and serve immediately.



- Salmon is a rich source of omega-3 fatty acids, which can help reduce inflammation in the body and protect against sun damage.
- Avocado is high in antioxidants such as vitamin E, which can help protect the skin from oxidative damage caused by free radicals.
- Both salmon and avocado contain vitamin C, which is important for collagen production.
- Salmon is also a good source of vitamin A, which is important for skin cell turnover and repair. This can help keep skin looking fresh and vibrant.



SALMON AND AVOCADO TOAST

INGREDIENTS

- 1 slice of whole-grain bread
- 1/2 avocado
- 2 oz smoked salmon
- 1 small tomato, sliced
- Chopped fresh herbs (basil or dill)
- Salt and pepper to taste

METHOD

- Toast the slice of whole-grain bread until it's lightly browned and crispy.
- While the bread is toasting, mash half an avocado in a small bowl with a fork until it's creamy.
- Spread the mashed avocado on top of the toasted bread.
- Place the smoked salmon on top of the mashed avocado.
- Add the sliced tomatoes on top of the smoked salmon.
- Sprinkle the chopped fresh herbs on top of the tomatoes.
- Season with salt and pepper to taste.
- Serve immediately and enjoy!

- Turmeric contains a compound called curcumin, which has potent anti-inflammatory properties.
- Pineapple is rich in vitamin C, which is essential for collagen production.
- Coconut milk and Greek yogurt are both great sources of hydration, which is important for maintaining healthy skin.
- Both pineapple and turmeric are rich in antioxidants, which can help to protect your skin against damage from free radicals

PINEAPPLE TURMERIC SMOOTHIE

INGREDIENTS

- 1 cup chopped pineapple
- 1 tsp turmeric powder
- 1/2 cup Greek yogurt
- 1/4 cup coconut milk
- A handful of ice
- A pinch of black pepper

METHOD

- Add the chopped pineapple, turmeric powder, Greek yogurt, coconut milk, and ice to a blender.
- Blend all the ingredients until smooth.
- If desired, add a pinch of black pepper and blend again.
- Pour the smoothie into a glass and enjoy!



- The vegetables in gazpacho are rich in antioxidants such as vitamin C, beta-carotene, and lycopene. These antioxidants can help protect the skin from damage caused by free radicals
- Garlic and onions are anti-inflammatory foods that can help reduce inflammation in the body, including inflammation in the skin. Inflammation can contribute to skin problems such as acne, eczema, and psoriasis.
- Vitamin C, found in tomatoes and bell peppers, is essential for collagen production in the body.



GAZPACHO

INGREDIENTS

- 4 large ripe tomatoes, chopped
- 1 medium cucumber, chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 1/4 cup extra-virgin olive oil
- 2 tbsp red vinegar
- 2 cups vegetable juice
- 1/2 tsp salt
- 1/2 tsp black pepper

METHOD

- In a blender or food processor, combine the tomatoes, cucumber, red bell pepper, red onion, and garlic. Pulse until the vegetables are finely chopped.
- Add the olive oil, red wine vinegar, and vegetable juice to the blender and blend until smooth.
- Season with salt and black pepper to taste.
- Chill the gazpacho in the refrigerator for at least an hour before serving.

CARROT GINGER SMOOTHIE

INGREDIENTS

1 cup chopped carrots

1 tsp grated ginger

1/2 cup Greek yogurt

1/4 cup orange juice

A handful of ice

METHOD

- Combine all ingredients in a blender.
- Blend until smooth and creamy.
- Pour into a glass and serve immediately.

- Carrots are rich in beta-carotene, which is converted to vitamin A in the body.

Vitamin A is essential for healthy skin, as it helps to repair and regenerate skin cells.

- Ginger has anti-inflammatory properties that can help reduce skin inflammation, redness, and acne.

- Greek yogurt is high in protein, which is essential for maintaining healthy skin, as it helps to build and repair skin tissues.

- Orange juice is rich in vitamin C, which is important for collagen production. Collagen is a protein that keeps skin firm and elastic, and a lack of collagen can lead to wrinkles and sagging skin.



- Chia seed pudding is a great source of omega-3 fatty acids, which are known to have anti-inflammatory properties and can help reduce skin redness and irritation. Chia seeds are also high in antioxidants, which can protect the skin against damage from free radicals
- Almond milk used in this recipe is also a good source of vitamin E, which can help nourish and protect the skin from damage. The combination of these ingredients makes for a delicious and healthy treat that can benefit your skin.

CHIA SEED PUDDING

INGREDIENTS

1/4 cup chia seeds

1 cup unsweetened almond milk

1/2 teaspoon vanilla extract

1-2 tablespoons honey or maple syrup
(optional)

Fresh fruits for topping (such as berries, sliced bananas, or chopped mango)

METHOD

- In a medium-sized bowl, mix together chia seeds, almond milk, vanilla extract, and honey/maple syrup (if using).
- Whisk the mixture until well combined.
- Cover the bowl and let it sit in the refrigerator for at least 2 hours or overnight to allow the chia seeds to absorb the liquid and thicken into a pudding-like texture.
- Once the pudding has thickened, stir it to make sure it's well combined. Add more almond milk if it's too thick.
- Divide the pudding into serving dishes and top with your favorite fruits.



- Bananas are rich in vitamins and minerals such as vitamin C, vitamin B6, and potassium, which are essential for healthy skin.
- Oats contain anti-inflammatory compounds that can help to soothe and calm irritated skin. They also contain saponins, which help to remove dirt and oil from the pores, making them an excellent ingredient for those with acne-prone skin.
- Peanut butter is a good source of vitamin E, which is known to help keep skin healthy and hydrated. It also contains healthy fats that can help to keep the skin moisturized.
- Finally, chocolate chips contain flavonoids, which are antioxidants that can help to protect the skin from UV damage



BANANA OAT COOKIES

INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1/4 cup peanut butter
- 1/4 cup chocolate chips (optional)
- 1 tsp vanilla extract

METHOD

- Preheat your oven to 350°F (180°C).
- In a mixing bowl, combine the mashed bananas, rolled oats, peanut butter, chocolate chips (if using), and vanilla extract. Mix well.
- Scoop the mixture onto a lined baking sheet and flatten each cookie slightly with the back of a spoon.
- Bake for 15-20 minutes, until the edges are lightly golden.
- Let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

- Cucumbers and avocados are both rich in antioxidants, which can help to protect the skin against damage from free radicals and environmental stressors.
- Avocado is a great source of vitamin E, which is an important antioxidant for the skin. It can help to improve skin texture and prevent signs of aging
- Cucumbers are a good source of vitamin C, which is important for collagen production. Collagen is a protein that gives the skin its elasticity and firmness, and vitamin C helps to keep it strong and healthy.
- Both cucumbers and avocados have anti-inflammatory properties that can help to reduce inflammation in the skin and soothe irritated skin.



CUCUMBER AND AVOCADO SOUP

INGREDIENTS

- 2 large cucumbers, peeled and chopped
- 1 ripe avocado, peeled and chopped
- 1 clove garlic, minced
- 1/4 cup chopped fresh mint leaves
- 1/4 cup chopped fresh parsley leaves
- 2 cups low-sodium vegetable broth
- 1/4 cup fresh lime juice
- Salt and pepper, to taste

METHOD

- In a blender, combine the cucumbers, avocado, garlic, mint leaves, parsley leaves, vegetable broth, and lime juice.
- Blend until the soup is smooth and creamy.
- Season with salt and pepper to taste.
- Chill the soup in the refrigerator for at least 1 hour before serving.

- Drinking detox water helps to hydrate your body, which in turn helps to keep your skin hydrated and healthy-looking.
- The ingredients in detox water, such as lemon and lime, are rich in antioxidants that help to protect your skin from damage caused by free radicals
- Lemons and limes are also high in vitamin C, which is an essential nutrient for healthy skin. Vitamin C helps to stimulate collagen production.
- Cucumbers in detox water have natural cleansing properties that can help to promote clearer, healthier-looking skin.
- Drinking detox water with mint can help to calm and soothe your skin from the inside out.



DETOX WATER

INGREDIENTS

1 cucumber

1 lemon

1 lime

A handful of fresh mint leaves

1 liter of water

METHOD

- Wash all the ingredients.
- Slice the cucumber, lemon, and lime into thin rounds.
- Add the sliced cucumber, lemon, and lime to a large pitcher.
- Add a handful of fresh mint leaves to the pitcher.
- Pour 1 liter of water into the pitcher.
- Mix well.
- Refrigerate for at least 1 hour.
- Enjoy!

- Cooked tomatoes are rich in lycopene, a powerful antioxidant that can protect skin cells from damage also contain vitamin C, which is essential for collagen production
- Bell peppers are a great source of vitamin C and beta-carotene, converted into vitamin A in the body, which can help regulate skin cell turnover and prevent dry, flaky skin.
- Eggs are a good source of protein, which is essential for building and repairing skin cells. They also contain biotin, a B-vitamin that is important for healthy skin, hair, and nails.
- Olive oil is rich in monounsaturated fats and antioxidants, which can help protect skin cells from damage and improve skin hydration.



SHAKSHUKA

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- 1 can (14.5 oz) diced tomatoes
- 4-6 eggs
- Salt and pepper
- Fresh parsley or cilantro for garnish

METHOD

- Heat the olive oil in a large skillet over medium heat.
- Add the onion and bell pepper and sauté for 5-7 minutes until soft.
- Add the garlic, cumin, smoked paprika, and cayenne pepper (if using) and sauté for 1-2 minutes until fragrant.
- Pour in the diced tomatoes and bring to a simmer.
- Use a wooden spoon to create small wells in the sauce and crack an egg into each well.
- Cover the skillet with a lid and let the eggs cook for 5-7 minutes until the whites are set but the yolks are still runny.
- Season with salt and pepper to taste and garnish with fresh herbs.

- Sweet potatoes are rich in antioxidants such as beta-carotene, which can help reduce the damage caused by free radicals
- Sweet potatoes contain vitamin C, which helps boost collagen production in the skin.
- Sweet potatoes are a good source of vitamin A, which can help regulate oil production in the skin and prevent acne breakouts.
- The beta-carotene in sweet potatoes can also help protect the skin from sun damage and reduce the risk of skin cancer.



AIR FRIED SWEET POTATO CHIPS

INGREDIENTS

- 2 medium-sized sweet potatoes
- 1 tablespoon olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Cooking spray

METHOD

- Preheat your air fryer to 375°F (190°C).
- Wash the sweet potatoes and slice them into thin rounds using a mandolin slicer or a sharp knife.
- In a bowl, mix together the olive oil, paprika, garlic powder, and salt.
- Add the sweet potato slices to the bowl and toss to coat them evenly with the oil and spice mixture.
- Spray the air fryer basket with cooking spray and arrange the sweet potato slices in a single layer in the basket.
- Air fry the sweet potato chips for 10-12 minutes, flipping them over halfway through cooking, until they are crispy and golden brown.

- Laban is a good source of probiotics, can help improve skin health by reducing inflammation, improving hydration, and supporting the skin's natural barrier function.
- Additionally, laban is rich in calcium, protein, and vitamins such as vitamin D, which are essential for maintaining healthy skin.
- Kefir is also a probiotic-rich drink that contains live cultures of beneficial bacteria, which can help improve gut health and digestion. This can indirectly benefit the skin by reducing inflammation, promoting detoxification, and supporting nutrient absorption.

SPARKLING LABAN

INGREDIENTS

3/4 cup of laban

1/4 cup of kefir yogurt

1 tbs of chia seeds

1tbs flaxseed

1/4 cup of sparkling water

METHOD

- Combine all ingredients in a cup and mix until combined.



- Ginger contains anti-inflammatory compounds that can help reduce inflammation in the skin, which may help reduce acne and other skin conditions.
- Cinnamon is another spice that has anti-inflammatory properties, and it also has antimicrobial properties that can help prevent and treat skin infections.
- Black pepper contains piperine, a compound that can help enhance the absorption of other nutrients
- Turmeric contains curcumin, a compound that has been shown to help reduce inflammation in the skin and protect against free radical damage.



GOLDEN LEAF TEA

INGREDIENTS

- 2 cups of water
- 2 tsp of grated ginger
- 1/2 tsp of cinnamon
- black pepper
- 1/2 tsp turmeric

METHOD

- In a small saucepan, bring the water to a boil.
- Add the grated ginger, cinnamon, black pepper, and turmeric to the boiling water.
- Reduce the heat to low and let the spices simmer for 10-15 minutes.
- Strain the tea through a fine-mesh sieve.
- If desired, add honey or maple syrup to sweeten the tea.
- Serve hot and optionally add coconut milk or almond milk to taste.

- Sweet potatoes are a great source of vitamin A, which plays an important role in skin cell turnover and the production of collagen and elastin, Vitamin C, also found in sweet potatoes, is a powerful antioxidant
- Sweet potatoes contain several compounds that have anti-inflammatory properties.
- Sweet potatoes are high in water content, which can help keep the skin hydrated and supple.



SIMPLY SWEET POTATOES

INGREDIENTS

- 2 medium sweet potatoes, peeled and diced
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder

METHOD

- Preheat the oven to 425°F (218°C).
- In a large bowl, combine the diced sweet potatoes, olive oil, salt, black pepper, garlic powder, smoked paprika, and cayenne pepper (if using). Toss to coat the sweet potatoes evenly.
- Spread the sweet potatoes out in a single layer on a baking sheet lined with parchment paper.
- Roast the sweet potatoes for 20-25 minutes, or until tender and slightly caramelized, stirring halfway through cooking.
- Serve the sweet potatoes as a side dish, or use them as a base for a salad or grain bowl.

- This passionfruit smoothie is packed with vitamin C, which is important for collagen synthesis and helps protect the skin from sun damage.
- The antioxidants in passionfruit can also help reduce inflammation in the body, which can contribute to healthy skin.
- The banana and coconut milk add potassium and healthy fats, respectively, which can help maintain the skin's moisture balance. Enjoy this delicious and nutritious smoothie for healthy skin and overall well-being!

PASSION SMOOTHIE

INGREDIENTS

- 2 passionfruit, pulp scooped out
- 1 ripe banana, peeled and sliced
- 1/2 cup frozen pineapple chunks
- 1/2 cup unsweetened coconut milk
- 1/2 cup plain Greek yogurt
- 1 teaspoon honey or maple syrup
- 1/2 teaspoon vanilla extract

METHOD

- Add the passionfruit pulp, sliced banana, frozen pineapple chunks, coconut milk, Greek yogurt, honey or maple syrup (if using), and vanilla extract (if using) to a blender.
- Blend on high speed for 1-2 minutes, or until smooth and creamy.
- Pour the smoothie into a glass and enjoy immediately, garnished with additional passionfruit pulp or fresh fruit if desired.



- Apples are rich in antioxidants like vitamin C, which can help protect the skin from free radicals
- Apples contain quercetin, which is a flavonoid that has been shown to promote collagen production.
- Cinnamon has anti-inflammatory properties that can help reduce inflammation in the body, which can contribute to healthy skin.

BAKED CINAMMON APPLES

INGREDIENTS

2 medium apples, cored and sliced

1 tablespoon coconut oil, melted

1 teaspoon cinnamon

1 tablespoon honey or maple syrup

Optional toppings: Greek yogurt, chopped nuts

METHOD

- Preheat the oven to 375°F (190°C).
- In a small bowl, whisk together the melted coconut oil, cinnamon, and honey or maple syrup.
- Place the sliced apples in a baking dish and drizzle the cinnamon mixture over them.
- Toss to coat the apples evenly.
- Bake for 20-25 minutes, or until the apples are soft and caramelized.
- Serve warm, topped with Greek yogurt and chopped nuts, if desired.



- This smoothie contains 3 tropical fruits rich in vitamin C and antioxidants, which can help protect the skin from damage and promote collagen production. It also contains lycopene, a carotenoid that has been shown to improve skin texture and reduce the appearance of fine lines and wrinkles.
- Almond milk or coconut water: Almond milk and coconut water are good sources of hydrating electrolytes, which can help keep the skin hydrated and moisturized. They are also low in calories and sugar, which can help maintain healthy blood sugar levels and prevent glycation, a process in which sugar molecules attach to collagen fibers, leading to premature aging and wrinkles.

YELLOW SMOOTHIE

INGREDIENTS

- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1 cup guava juice
- 1/2 cup unsweetened almond milk or coconut water
- 1 tablespoon honey or maple syrup

METHOD

- Add the frozen mango, strawberries, guava juice, almond milk or coconut water, and honey or maple syrup (if using) to a blender.
- Blend until smooth and creamy, adding more almond milk or coconut water as needed to reach your desired consistency.
- Pour the smoothie into a glass and enjoy!



- This healthy sambusa/samosa recipe is baked instead of fried, which makes it a healthier alternative to traditional fried samosas.
- The vegetables in this recipe are high in vitamins and antioxidants that are essential for healthy skin. For example, carrots are high in beta-carotene, which is converted to vitamin A in the body and helps to keep the skin healthy and glowing. Peas are a good source of vitamin C, which is an antioxidant that helps protect the skin from free radical damage.
- Coriander is rich in vitamin K, which can help reduce dark circles under the eyes. Overall, this recipe is a tasty and healthy way to promote good skin health.



BAKED VEGETABLE SAMOSAS

INGREDIENTS

- 1 package of samosa/sambusa wrappers
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup mixed vegetables
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric

METHOD

- Place the samosas in a single layer in the air fryer basket.
- Cook for 10-12 minutes or until the samosas are crispy and golden brown.
- Flip the samosas halfway through cooking to ensure even cooking

- Carrots are rich in beta-carotene, which the body converts to vitamin A. Vitamin A is essential for healthy skin, as it helps to protect against UV damage, promotes skin cell turnover, and keeps the skin moisturized.
- Ginger has anti-inflammatory properties, which can help reduce redness and irritation in the skin. This soup is also low in fat and calories, which can help promote overall health and weight management.



CARROT & GINGER SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 pounds carrots, peeled and chopped
- 1 tablespoon fresh ginger, grated
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh cilantro, chopped

METHOD

- Heat the olive oil in a large pot over medium heat.
- Add the onion and garlic and sauté until they are soft and fragrant.
- Add the carrots and ginger to the pot and stir well.
- Pour in the vegetable broth and bring the soup to a boil.
- Reduce the heat and let the soup simmer for 20-25 minutes or until the carrots are tender.
- Use an immersion blender or transfer the soup to a blender and blend until smooth.
- Season with salt and pepper to taste.
- Serve hot, garnished with fresh cilantro if desired.