



# 10 Easy Recipes to Boost Your Skin's Health

# Importance of Nutrition

## **Why eating well is important for your skin's health?**

Well-balanced meals, including whole grains and plenty of fruits and vegetables, can provide essential vitamins and minerals that nourish your skin. Eating a diet rich in antioxidants may help fight against free radical damage which can lead to premature ageing.

Healthy fats like those found in fish and nuts can help keep your skin hydrated and supple. Additionally, the protein found in lean meats and dairy products can help build collagen and elastin which are important for skin elasticity.

Finally, staying hydrated with plenty of water is essential for keeping your skin healthy and radiant. Eating well and taking care of yourself from the inside out helps keep your skin looking its best!



# 10 Easy Recipes for Skin's Health

## 1. Skin-Repairing Lentil Soup

### STEPS:

- Start by sautéing diced onions, garlic and celery in a large pot with olive oil for about 5 minutes.
- Add red lentils, vegetable broth, minced fresh ginger and curry powder.
- Simmer for 15 minutes or until the lentils are soft, stirring occasionally.
- Serve hot with a dollop of Greek yogurt or coconut cream on top to help nourish the skin and soothe inflammation.



## 2. Salmon Salad Bowl:

### STEPS:

- Start by combining cooked salmon with wild rice and your favorite vegetables like carrots, bell peppers and greens.
- Drizzle with olive oil and a squeeze of lemon juice for an added boost of fatty acids that will help to encourage healthy skin cell production.



# 3. Carrot & Ginger Soup

## STEPS:

- In a pot over medium heat, sauté diced onion in olive oil until softened then add minced garlic cloves, grated ginger and chopped carrots.
- Cook for another 5 minutes then pour in vegetable broth and bring the mixture up to a boil before reducing the heat to low and simmering for 15 minutes or until the carrots are soft enough to mash using a potato masher or immersion blender.
- Add 2 tablespoons of Greek yogurt or coconut cream at the end to reap additional skin benefits from this dish.
- Garnish with coriander and pumpkin seeds for added antioxidants and zinc, which help promote healthy cell growth and regeneration.



## 4. Avocado Toast:



### STEPS:

- Spread mashed avocado over whole wheat toast then sprinkle it with hemp seeds, flax seeds and turmeric powder which boast anti-inflammatory properties that can help heal cracked or irritated skin while providing essential fatty acids that promote healthy skin cell production.
- Add rocket salad for an extra vitamin boost. Rocket salad is packed with vitamins A, C, and K, helps to protect skin cells from environmental damage and promote healthy cell regeneration.

# 5. Citrus Chicken & Veggie Stir Fry



## STEPS:

- Mix together orange juice with minced garlic, fresh ginger root, tamari soy sauce (or gluten-free alternative) and sesame oil in a bowl then add chicken strips and marinate for 20 minutes before cooking them in a hot wok.
- Add your favorite vegetables like bell peppers, onions and baby bok choy.
- Stir fry until everything is tender but still crisp (about 10-15 minutes).
- Sprinkle with sesame seeds and chilly flakes.
- The vitamin C from the red peppers helps to improve collagen production while the sesame oil provides fatty acids that act as natural lubricants for dry skin cells as well as help to reduce inflammation associated with damaged skin cells.



# 6. Fruity Kale Smoothie Bowl

## STEPS:

- Blend together frozen banana slices, almond milk, frozen kale, raspberries and fresh kiwis and blend until smooth.
- Add a pinch of cinnamon and stevia or another sweetener if desired.
- Pour into a bowl topped with chia seeds and pumpkin seeds which are packed full of omega-3 fatty acids needed for healthy-looking skin while also boosting antioxidant levels too!
- Vitamin C contained in kale is essential for collagen production, keeping your skin looking plump and youthful.





# 7. Zucchini & Pesto Pasta

## STEPS:

- Stir fry zucchini noodles (also known as 'zoodles') or boil quickly in salted water then drain off any excess liquid before stirring through homemade pesto.
- For the pesto: blend basil leaves, a handful of parsley, and pine nuts with olive oil, salt and black pepper.
- Add some grated parmesan cheese and a couple of fresh cherry tomatoes if desired.
- All the ingredients combine together to form an indulgent yet healthful dish that helps give extra hydration to dry skin cells thanks to its high water content plus vitamins A & C from both zucchini & basil respectively which also help increase elasticity too!



# 8. Pumpkin Spice Oats Bowl



## STEPS:

- Start by combining oats with pumpkin puree along with spices such as cinnamon & nutmeg plus almond milk
- Cook according to packet instructions before topping with sliced banana plus walnuts which are full of antioxidants & zinc needed for beautiful-looking skin!

# 9. Broccoli Quinoa Bowls

## STEPS:

- Cook quinoa according to package instructions
- Set it aside while you prepare steamed broccoli florets
- Combine together into one bowl along with sundry tomato and red beans which contain minerals such as vitamins B6 and E, which help to repair damaged tissue cells associated with sunburns.
- Then finish off this dish by drizzling it with tahini paste as its rich creamy texture not only adds great flavor but also helps moisturize parched skin cells too!



# 10. Okinawan Sweet Potato Soup



## STEPS:

- This comforting soup starts by sautéing the diced onion in olive oil before adding sweet potatoes cut into cubes
- After cooking these together for around 5 minutes add vegetable stock followed by crushed garlic cloves & freshly squeezed lemon juice
- Simmer until everything has softened before adding cooked adzuki beans
- Adzuki beans contain minerals such as magnesium and iron that are essential for healthy glowing complexions.
- Sweet potatoes also contain beta-carotene, which is converted into vitamin A in the body. Beta-carotene helps to reduce inflammation and free radical damage, keeping your skin looking healthy and youthful.
- Enjoy this soup hot on its own or serve over cooked brown rice - either way, it's a surefire way of giving your skin cells an extra boost of TLC!



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