

THE BEAUTY CHEF

Guide to Healthy Snacking



Contents

OUR SNACKING PHILOSOPHY	3
TO SNACK, OR NOT TO SNACK?	4
THE BENEFITS OF HEALTHY SNACKING	5
HOW TO BUILD A BALANCED SNACK	7
6 TIPS FOR SMARTER SNACKING	9
NAVIGATING THE SUPERMARKET AISLES & YOUR SNACKABLE SHOPPING LIST	10
5 ON-THE-GO SNACK HACKS	11
GLOW GETTER SMOOTHIE	12
APPLE, DUKKAH & MINT SLICES	14
SUPER SKIN SMOOTHIE BOWL	15
ROASTED CAPSICUM & WALNUT DIP	17
PROTEIN POWER CHOCOLATE MOUSSE	18
WHITE BEAN OMEGA DIP	20
CRISPY BAKED CHICKPEAS WITH SESAME, ROSEMARY & LIME SALT	21
BUCKWHEAT, HEMP AND NORI CRACKERS	23
FIELD OF GREENS SMOOTHIE	24
BANANA DREAM BOWL	26
REFERENCES	27

Our Snacking Philosophy

At The Beauty Chef, we promote a mindful approach to eating—one that nourishes mind, body and beauty. We believe that the foods you eat have a profound impact on how you look and feel—and that every snack is an opportunity to enhance your diet, fuel your body, boost your brain and nourish your skin.

A handwritten signature in black ink, appearing to read "Carla". The signature is fluid and cursive, with a large initial "C" and a stylized "X" at the end.

FOUNDER & CEO OF THE BEAUTY CHEF

To Snack, or Not to Snack?

Dietary trends chop and change quicker than a high-speed blender, but it's important to remember that there's no such thing as a one-size-fits-all approach when it comes to nutrition.

While some of us thrive on three meals a day, others might find their concentration levels slipping if they don't stop for a snack. Similarly, your friends might be able to fast for hours without a fuss, while you find yourself becoming increasingly depleted—and disagreeable—if you don't eat soon after waking.

The most valuable thing you can do is tune into the signals your body is giving you. Forget the food fads and passing trends—no-one knows you better than you know yourself!



The Benefits of Healthy Snacking

While it's tempting to consider a complete overhaul in the pursuit of better health, the best changes you can make are also the most sustainable ones. Adopting savvy snacking habits might sound simple, but it will have an enormous impact on your beauty, belly and overall wellbeing.

WHAT THE SCIENCE SAYS

- A 2006 study published in the *Asia Pacific Journal of Clinical Nutrition*¹ found that eating a protein-rich snack between meals helped to promote satiety and had a beneficial impact on blood sugar levels, when compared with snacks higher in fat. Protein also supplies the body with the amino acids it requires to make keratin—one of the structural proteins in our skin, hair and nails—making it a smart addition to your daily snacks. Try the Protein Power Chocolate Mousse on page 18!
- Munching on snacks that are high in fibre will also result in a slower rise in blood sugar levels², meaning you're less likely to feel lethargic or hungry shortly after eating. What's more, fibre-rich wholefoods help to increase microbial diversity³, which has an enormous impact on your overall health⁴. Get some gut-loving fibre into your system with the White Bean Omega Dip on page 20.
- Partial to a regular sweat session? Studies show that enjoying a protein-rich snack before you hit the gym can help to improve physical performance and support recovery.
- Unsurprisingly, there's a large body of evidence showing that a high intake of vegetables and fruits not only lowers your risk of type 2 diabetes⁷, heart disease and stroke⁸, but also supports your digestive health and promotes the proliferation of beneficial bacteria in the gut. In fact, a 2014 study⁹ conducted in the UK found that eating seven or more portions of fruits and vegetables reduces your risk of death by cancer and heart disease by 25% and 31% respectively. If you struggle to reach your recommended intake (a minimum of five servings of vegetables and two servings of fruit) across three meals alone, snacking on crudités, dips and smoothies is a wonderful way to bump up your daily dose of these health-promoting wholefoods.



“Whether it’s a homemade meal or a simple snack, I truly believe that what we eat can have a medicinal effect on our bodies. Food not only feeds our cells, but also has a profound impact on the ecosystem of microbes residing in our gut. And as we know, the state of our gut impacts everything from our immune health and energy levels to the state of our skin and the quality of our sleep.”

Carla Oates, Founder & CEO of The Beauty Chef

How to Build a Balanced Snack

There are three major nutrients to consider when you're building—or buying—a balanced snack: protein, carbohydrates and fats. Unlike micronutrients such as vitamins and minerals, these macronutrients are the main energy-providing substances that humans need to consume.

Generally, striking a balance between each of these macronutrients is the key to creating a satisfying main meal that efficiently fuels your body (and brain). But, when it comes to your daily snacks, combining at least two of these macronutrients will go a long way in boosting your satiety levels.

And while macronutrients are the main energy-providing substances that humans need to consume, being mindful of the variety of micronutrients (vitamins and minerals) you're consuming is equally as important. By building your snacks around an abundance of colourful fruits and vegetables, you'll not only provide your body with energy, but also increase your intake of gut-loving polyphenols¹⁰, skin-protective antioxidants¹¹ and anti-inflammatory phytonutrients¹².

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How to Build a Balanced Snack

CARBOHYDRATES

When we think of carbohydrates, pasta and potatoes are often the first foods that pop into our head. But in fact, all plant foods contain carbohydrates—and this is nothing to be feared. Fruit is perfectly packaged to deliver an abundance of skin-loving antioxidants, fibre and prebiotics that feed the beneficial bacteria in your gut, making it a wonderful part of any snack. Vegetables are much the same, boasting an array of anti-inflammatory compounds like polyphenols, skin-protective antioxidants and phytonutrients. Many fruits and

vegetables are also rich in vitamin C, which is vital for the formation and synthesis of collagen¹³, as well as provitamin A (beta carotene), which is necessary for the cellular turnover process¹⁴ and contributes to healthy immune system function¹⁵. Ideally, nutrient-rich, non-starchy vegetables should make up the bulk of your diet and occupy at least half of your plate at main meals, however, incorporating whole pieces of fruit and vegetables into your snacks is a simple way to get more goodness into your day.

DID YOU KNOW?

Carbohydrates are your cells' favourite source of energy.

PROTEIN

The word protein is derived from the Greek word, proteos, which means primary. And given the many vital roles protein plays in the body, it's easy to understand why! Protein is one of the building blocks of skin tissue, so it's no surprise that an adequate intake of this macronutrient is essential for plump and healthy skin. Protein also contains the amino acids L-lysine¹⁶ and L-proline¹⁷,

which support the body's production of collagen. What's more, protein supports immune health¹⁸ and even helps to transport certain substances throughout your bloodstream¹⁹. When it comes to building a balanced snack, incorporating some form of protein will help to balance your blood-sugar levels, which is the key to keeping your energy on an even keel and supporting a balanced mood.

FATS

DID YOU KNOW?

A 2005 study published in the Journal of Nutrition²³ found that adding a little healthy fat—such as avocado or avocado oil—to your veggies can enhance your body's absorption of complexion-boosting micronutrients like provitamin A (beta carotene).

Fat is a highly efficient fuel source for the brain and makes up about 60% of its total weight. In fact, we need dietary fat—specifically omega 3 fatty acids—to build brain cells²⁰. Healthy fats also support hormonal health²¹ and act as the vehicle that transports fat-soluble vitamins (A, D, E and K) to your brain²². When it comes to cultivating a radiant complexion, essential fatty acids are your friend. Found in foods

like chia seeds, salmon and our very own OMEGA ELIXIR, they play a significant role in the skin's function and are essential for a smooth and supple complexion.

6 Tips for Smarter Snacking

1. ENGAGE YOUR SENSES

Mindful eating refers to the practice of eating without distraction, stress or stimuli. For many of us, this means ditching our devices and actively engaging our senses so that we can enjoy the sight, smell and taste of the food we're eating. A study conducted on women and published in the American Journal of Gastroenterology found that mindfulness activities can help to reduce symptoms of irritable bowel syndrome²⁴ (IBS), which is good news for your gut!

2. CHEW YOUR FOOD

Does the smell of roasted garlic make your mouth water? This is known as the cephalic phase of gastric secretion—and it's essentially a sign that your brain is kickstarting the digestive process! You can support this process by chewing your food slowly and thoroughly to stimulate the production of saliva, which contains digestive enzymes.

3. MAINTAIN HEALTHY HYDRATION LEVELS

It's easy to confuse hunger with thirst, so before you start nibbling, rehydrate with a glass of water or a cup of herbal tea. We recommend a minimum of eight glasses every day to support the circulation of beneficial nutrients around your body and to flush out toxins and waste products. If you're looking for a recommendation that's more specific to your weight, age and activity levels, try multiplying your weight in kilograms by 0.033 litres.

4. CONSIDER THE CLOCK

Don't confuse purposeful snacking with constant grazing, the latter of which can fatigue your digestive system. Like your brain, your digestive system needs adequate time to rest in order to work efficiently, so be sure to leave a gap of at least 1.5 hours between meals and snacks.

5. AVOID DESSERTS IN DISGUISE

While there's certainly nothing wrong with the occasional indulgence, many pre-packaged snacks are simply desserts in disguise. When you snack, focus on filling up with wholefoods that are rich in health-promoting fibre, as well as vitamins and minerals. In doing so, you'll serve your body better, and when you do choose to indulge, you'll enjoy it all the more.

6. PLAN AND PREPARE

If you know you'll be heading out for the day, be sure to BYO snacks so you don't get caught out.

Navigating the Supermarket Aisles & Your Snackable Shopping List

There's no shortage of snackable treats and quick eats lining the aisles of our local supermarkets, but opting for wholefoods almost always provides the most bang for your buck.

And while we all know that chips and chocolate aren't the most nourishing options, unfortunately, many of the packaged snacks hanging out in the health food aisle are no better. The protein bar emblazoned with the words "low fat", "low carb", "high protein" and "sugar free" might look like the perfect package of convenience, but it's likely full of gut-disrupting sweeteners and mysterious fillers that will leave you feeling bloated and uncomfortable. Thankfully, building your own balanced snack when you're out and about is simple!

FRESH PRODUCE

Bananas, apples, pears, mandarins, berries, cucumber, carrots, celery.

TIP Choose organic or spray-free where possible and wash conventionally-grown produce in water and apple cider vinegar to remove pesticides. Can't get your hands on organic produce? Choose fruits and vegetables that are 'wrapped by nature'. Think: bananas, oranges and avocado.

FOR THE FRIDGE

Dips and condiments that are free from additives.

Organic, unsweetened yoghurt, coconut yoghurt or kefir.

NUTS AND SEEDS

Raw almonds, walnuts, brazil nuts, pecans, pepitas, sunflower seeds.

TIP We recommend soaking and activating your nuts to make them easier to digest. Always opt for organic or spray-free varieties when possible. And remember: nuts and seeds are energy-dense foods, so it's best to stick to one small handful a day.

FOR THE PANTRY

Hemp seeds, cacao nibs, coconut flakes, seeded gluten-free crackers, dark chocolate (minimum 70% cacao).

5 On-The-Go Snack Hacks

1. A banana and a pot of unsweetened, natural yoghurt
2. A punnet of strawberries and a small bar of dark chocolate (70% cacao minimum)
3. Vegetable sticks and a small tub of hummus
4. A boiled egg and a small packet of nuts (activated, if possible)
5. Chia pudding topped with berries



GLOW GETTER SMOOTHIE

RECIPE – SERVES 1

Glow Getter Smoothie

With the goodness of antioxidant-rich fruits—and our very own GLOW Inner Beauty Essential—this nutrient-dense snack or breakfast is seriously satisfying. Containing 18 Certified Organic wholefoods to nourish your skin, as well as prebiotics and probiotics for a healthy gut and overall wellbeing, GLOW is the ultimate smoothie addition. We've also added pineapple to aid digestion, kefir to give your gut microbes a little extra love, as well as blueberries for their anti-inflammatory properties. Bottoms up!


INGREDIENTS

- ½ cup (125ml) unsweetened coconut water
- ½ cup (60g) frozen blueberries
- ¼ cup (45g) frozen peeled & diced fresh pineapple
- ¼ cup (60ml) milk kefir or unsweetened coconut yoghurt
- 1 tablespoon chia seeds
- 3 Brazil nuts
- 2 teaspoons freshly squeezed lime juice
- 2 teaspoons finely grated ginger (approx. 1cm thick slice, peeled)
- 1 teaspoon GLOW Inner Beauty Essential
- 3 ice cubes

METHOD

1. Place all ingredients in a high-speed blender. Blend until smooth.





RECIPE – SERVES 2

Apple, Dukkah & Mint Slices

Taste buds can't quite make up their mind? This simple snack strikes a beautiful balance between sweet and savoury, giving you the best of both worlds in one nutrient-dense ensemble. The humble apple is an excellent source of gut-loving fibre, as well as vitamin C, which is essential for collagen production. What's more, apples have a high water content, which can enhance hydration and help you to stay fuller for longer. The dollop of nut butter provides a delicious dose of healthy monounsaturated fats to help to stabilise your blood sugar levels.

INGREDIENTS

2 granny smith apples
4 tablespoons of peanut or almond butter
1½ tablespoons of dukkah
1½ tablespoons of organic, runny honey
1 teaspoons of chilli flakes
Mint leaves to garnish

METHOD

1. Cut the apple horizontally into slices about 2cm thick and carefully remove the seeds.
2. Spread the nut butter evenly over the top of each slice and drizzle honey over the top.
3. Sprinkle the dukkah over the apple slices and then sprinkle lightly with chilli. Add a mint leaf to each apple slice to garnish.

TIP For a child friendly version, omit the dukkah and chilli flakes and layer the apple slices with nut butter, granola, coconut flakes and honey.



SUPER SKIN SMOOTHIE BOWL

Super Skin Smoothie Bowl

With papaya for digestive health and antioxidant-packed strawberries, this refreshing smoothie will have you well on your way to a plump and radiant complexion. Supercharged with the goodness of COLLAGEN Inner Beauty Boost—our vegan-friendly skin-plumping elixir—this fruity blend is high in vitamin C to support collagen production and zinc to support healthy hair and nails. To round out its beauty-boosting benefits, we've added the small but mighty Brazil nut—one of the most concentrated dietary sources of selenium, which is essential for healthy hair and nails.

INGREDIENTS

- ½ cup (100g) coarsely chopped peeled red papaya
- ½ cup (60g) frozen strawberries
- 1/3 small-medium ripe avocado
- ½ orange, segmented + zest finely grated
- 1/3 cup (80ml) unsweetened coconut water
- ¼ cup (60ml) unsweetened coconut yoghurt, plus extra to serve (optional)
- 1 tablespoon COLLAGEN Inner Beauty Boost
- 1 teaspoon grass-fed gelatin (optional)
- 2 teaspoons freshly squeezed lime juice
- 3 Brazil nuts
- 3 ice cubes

Topping Options:

- Coconut yoghurt
- Fresh berries, such as strawberry, raspberries & blueberries
- Toasted coconut flakes
- Macadamia nuts
- Edible flowers

METHOD

1. Place all ingredients in a high-speed blender. Blend until smooth.
2. Pour smoothie into a wide shallow bowl. Decorate with your choice of toppings to serve.



Roasted Capsicum & Walnut Dip

Unlike most store-bought varieties, you won't find any artificial ingredients or preservatives in this wholesome blend. Capsicum is an excellent source of anti-inflammatory flavonoids and vitamin C, while walnuts boast a beneficial combination of omega 3 and omega 6 fatty acids to nourish your skin from the inside out. This delicious dip can be made sans garlic for sensitive bellies and is perfect when paired with the Buckwheat, Hemp and Nori Crackers on page 23. Alternatively, you can chop up some carrot, celery and cucumber sticks to boost your daily veggie intake!

INGREDIENTS

½ medjool date
¾ cup (80g) walnuts
150g (approx. 1½) roasted red capsicums*
1 tablespoon extra-virgin olive oil, plus extra for drizzling
2 teaspoons freshly squeezed lemon juice
½ garlic clove, crushed (omit for a low-FODMAP option)
½ teaspoon ground cumin
½ teaspoon chilli flakes
¼ teaspoon smoked paprika, plus extra for sprinkling
Sea salt and freshly ground black pepper, to taste

METHOD

1. Place the medjool date in a small bowl and cover with just-boiled water. Set aside for 5 minutes, or until softened. Drain.
2. Place the walnuts in a food processor and pulse, to coarsely chop. Transfer into a medium bowl and set aside.
3. Place the remaining ingredients, including the date, in the food processor and blend until the capsicum is coarsely chopped. Add the walnuts and pulse to combine, but maintain a slightly chunky consistency. Season with salt and pepper.
4. Transfer into a serving bowl, drizzle with olive oil and sprinkle with smoked paprika.

*TIP *Roasted capsicums can be purchased in glass jars from most delis and supermarkets. If possible, avoid those that are packed in vegetable oil. Alternatively, they can be roasted from fresh in a hot oven for 45 minutes, peeled and deseeded.*





PROTEIN POWER CHOCOLATE MOUSSE

RECIPE – SERVES 1

Protein Power Chocolate Mousse

Tend to get a little hangry between meals? It might be time to pump up the protein. Being hangry—an unfortunate combination of hunger and anger—is not an invented phenomenon, but rather, a biochemical reaction due to a drop in blood sugar levels²⁵. The good news? A 2006 study²⁶ found that high-protein, high-fibre snacks can boost satiety, improve appetite control and support normal blood glucose levels. Containing our plant-based protein powder, BODY Inner Beauty Support, this decadent mousse boasts more than 15g of protein per serve and is guaranteed to satisfy!

INGREDIENTS

½ cup (125g) unsweetened coconut yoghurt
1 scoop chocolate BODY Inner Beauty Support
1 tablespoon raw cacao powder
1 tablespoon almond butter
1 teaspoon pure maple syrup
Pinch of sea salt
Roasted hazelnuts, coarsely chopped, to serve
Cacao nibs, to serve

METHOD

1. Place the yoghurt, chocolate BODY powder, cacao powder, almond butter, maple syrup and salt in a bowl and mix well, until combined and smooth and creamy.
2. To serve, scatter with roasted hazelnuts and cacao nibs. Store mousse in an airtight container in the refrigerator for up to 5 days.





RECIPE – SERVES 4

White Bean Omega Dip

With hints of miso and citrus, this delicious dip proves that snacks don't need to be sweet in order to satisfy. Cannellini beans are a good source of gut-loving fibre, as well as beauty-boosting minerals like copper and zinc, while tahini and almond butter provide a healthy dose of brain-nourishing fats. To ramp up the skin-supportive benefits of this versatile recipe, we've added our very own citrus-flavoured drinking oil, OMEGA ELIXIR. This zingy, plant-based blend boasts a balanced ratio of omega 3, 6, 7 and 9 to support your general wellbeing, as well as evening primrose oil to relieve skin inflammation—for a smooth and supple complexion.

INGREDIENTS

400g can cannellini beans, drained & rinsed
2 tablespoons savoury/nutritional yeast flakes
1½ tablespoons freshly squeezed lemon juice
1 tablespoon tahini
1 tablespoon almond butter
1 tablespoon OMEGA ELIXIR Inner Beauty Boost
1 tablespoon Shiro (white) miso
½ teaspoon tamari

METHOD

1. Place all ingredients in a small food processor and blend until smooth.

SERVING SUGGESTIONS

- Spread on gluten-free bread and top with avocado, tomato and/or sprouts.
- Serve with the Buckwheat, Hemp and Nori Crackers on page 18, or opt for seeded gluten-free crackers from your local supermarket.
- Enjoy with slices of radish or celery.
- Add a dollop to a salad bowl.



CRISPY BAKED CHICKPEAS WITH SESAME, ROSEMARY & LIME SALT



RECIPE – SERVES 4

Crispy Baked Chickpeas with Sesame, Rosemary & Lime Salt

Chickpeas are a good source of plant-based protein and also contain fibre to feed the beneficial bacteria in your gut. Paired with herbs, sesame and sea salt, they make for a moreish snack that's sure to satisfy your taste buds without skimping on nutrients.

INGREDIENTS

For the Crispy Baked Chickpeas:

2 x 400g cans chickpeas, drained & rinsed

2 tablespoons extra-virgin olive oil

For the Sesame, Rosemary & Lime Salt:

1 tablespoon finely chopped rosemary

1 tablespoon sesame seeds

1 teaspoon ground cumin

½ teaspoon sea salt

Finely grated zest of 1 lime

METHOD

1. Preheat the oven to 160 °C.
2. Place the chickpeas between two double layers of paper towel and gently rub together with your hands to remove the skins. Pick out the peeled chickpeas and place them on a large baking tray or two smaller trays. Drizzle with oil and toss to coat. Spread out in a single layer. Scatter the skins down one end of the tray, lightly coat in oil.
3. Bake, shaking the tray occasionally, for 20 minutes, or until crisp and golden brown.
4. Meanwhile to prepare the sesame, rosemary and lime salt, combine all the ingredients in a small bowl. Stir to combine, rubbing with the back of the spoon to release fragrant oils from the zest. Alternatively, use a mortar and pestle if you have one.
5. Sprinkle baked chickpeas with the prepared salt and toss to coat. Serve warm or cold.



RECIPE – MAKES APPROX. 40 CRACKERS

Buckwheat, Hemp & Nori Crackers

These crunchy crackers are perfect on their own but also make for a wholesome accompaniment to homemade dips. We've opted for a combination of buckwheat flour and almond meal, which are both low on the glycemic index and impart a subtle nutty flavour. Hemp seeds contain polyunsaturated fatty acids, such as gamma-linolenic acid, which have been shown to reduce skin dryness²⁷, while the addition of nori—a type of seaweed that's rich in vitamin B12²⁸—adds a surprising twist.

INGREDIENTS

- 1½ cups (220g) buckwheat flour
- ½ cup (50g) almond meal
- ½ cup (65g) hemp seeds
- 1 tablespoon freshly ground flaxseed
- 1 teaspoon sea salt, plus extra for sprinkling
- ½ cup (125ml) cold water, plus extra for brushing
- ¼ cup (60 ml) extra-virgin olive oil
- 2 nori sheets

METHOD

1. Preheat the oven to 180 °C. Line two large baking trays with baking paper.
2. Combine the buckwheat flour, almond meal, hemp seeds, flaxseed and salt in a medium bowl and stir to combine. Add the water and oil and stir to form a rough dough. Rub with fingers to ensure the mixture binds together. Add a little additional cold water, ½ teaspoon at a time, if required.
3. Turn out onto a clean bench and shape to form a disc and cut into quarters. Working with one quarter at a time, roll out between two sheets of baking paper, until 2-3mm thick. Cover the remaining dough with a damp cloth, to prevent drying out.
4. Using scissors or a sharp knife, cut the nori sheets into thin strips. Scatter one-quarter of the nori over the dough and gently roll over the top to secure.
5. Cut dough into your desired cracker shape. A 6.5cm round cookie cutter works well, but you can also cut into rectangles or triangles using a sharp knife. Arrange close together on one of the prepared trays. Lightly brush with water and sprinkle with salt. Repeat with the remaining dough portions and nori, re-rolling any off cuts with the next dough portion as you go.
6. Bake for 10-12 minutes, until crisp and cracker bases are golden brown. Leave on trays to cool.
7. Serve with dips and spreads. Store in an airtight container in your pantry for up to 2 weeks.



FIELD OF GREENS SMOOTHIE

RECIPE – SERVES 1

Field of Greens Smoothie

A smoothie is only as good as the sum of its parts—and this nourishing blend has got it all. Avocado provides a hit of healthy fats and adds a subtle creaminess to this recipe, while the addition of kale helps to promote microbial diversity. To take it to the next level, we've added cucumber and grapefruit for cellular hydration, plus a serving of our supergreens powder, CLEANSE Inner Beauty Support. Containing leafy greens, algae, grasses and traditional liver-cleansing herbs, this Certified Organic blend gently rebalances your system and supports detoxification for a clear complexion.

INGREDIENTS

¾ cup (180ml) unsweetened coconut water
½ ruby grapefruit, peeled & segmented
½ Lebanese cucumber, coarsely chopped
¼ small-medium ripe avocado
1 large handful coarsely chopped kale leaves
10 mint leaves
1 tablespoon hemp seeds
2 teaspoons freshly squeezed lime juice
2 teaspoons CLEANSE Inner Beauty Support
¼ medjool date
3 ice cubes

METHOD

1. Place all ingredients in a high-speed blender. Blend until smooth.

Banana Dream Bowl

Functional and delicious, the ingredients in this dreamy blend have been consciously combined to create a snack that's both sweet and soothing. Bananas not only lend a lovely creaminess to this recipe, but also contain magnesium and potassium, which act as natural muscle relaxants. Almonds are rich in the amino acid L-tryptophan, which is used by the body to make melatonin (the hormone that regulates the sleep-wake cycle) and serotonin (the mood stabiliser). And finally, a serving of SLEEP Inner Beauty Support acts as the final snooze-inducing ingredient! Containing passionflower and lemon balm, which are traditionally used in western herbal medicine, this spiced blend helps to promote a restful slumber, soothe mild anxiety and combat stress.

INGREDIENTS

225g (approx. 3 medium) frozen unripe (green) bananas, coarsely chopped
1 tablespoon canned coconut cream (no added guar gum)
1 tablespoon almond butter
2 teaspoons SLEEP Inner Beauty Support
2 teaspoons pure maple syrup, or to taste*
Pinch of sea salt

METHOD

1. Place all ingredients in a high-speed blender. Blend, scraping down the sides occasionally, until creamy. If you're not using a high-speed blender, thaw bananas at room temperature for a few minutes to soften slightly before blending.
2. Serve immediately as a creamy treat, or freeze for 2-3 hours for a firmer consistency.
3. Any remaining ice cream can be frozen in an airtight container for up to 1 month. As it freezes hard, stand at room temperature to soften slightly before serving, or coarsely chop and re-blend in a high-speed blender until smooth.

TIP If using ripe bananas, gradually add maple syrup ½ teaspoon at a time, until desired sweetness is reached. Make a double batch and freeze it in large silicon ice cube moulds. This makes it super easy to pop out a small serve for a calming post-dinner treat.

GUIDE TO HEALTHY SNACKING

“Look after your gut, be gutsy and follow your gut instinct”

Carla Oates, Founder & CEO of The Beauty Chef



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