



Belly Beautiful

Snack and smoothie recipes for inner and outer beauty.

THE BEAUTY CHEF

At The Beauty Chef, we believe ‘beauty begins in the belly’—
because our skin and gut are intimately connected:
you are what you eat.

Harnessing the healing power of fermentation, these
delicious snack and smoothie recipes incorporate our delicious
inner beauty formulas with nutrient-rich ingredients for improved
gut health, beauty and wellbeing.

Enjoy!



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PAPAYA GLOW SMOOTHIE

Papaya Glow Smoothie

GLOW Inner Beauty Essential

This smoothie is packed with gut-loving goodness thanks to the combination of coconut, ginger, GLOW and the tropical superfruit, papaya. Papayas are not only a great source of vitamins A and C—which are essential for radiant, smooth skin—but they also contain a powerful enzyme called papain, which aids digestion.

SERVES 1

1 cup (200g) papaya, peeled, seeded
and coarsely chopped
½ cup (125mL) coconut water
¼ cup (60mL) coconut milk kefir
3 ice cubes
1 ½ tablespoons freshly squeezed lime juice
2 teaspoons almond butter
1cm knob ginger, peeled and sliced
1 teaspoon GLOW Inner Beauty Essential
Coconut kefir, to serve (optional)
Dried rose petals, to serve (optional)
Bee pollen, to serve (optional)

1. Place all the ingredients in a high-speed blender and blend until smooth.
2. Top with coconut kefir, dried rose petals and bee pollen.

GLOW Inner Beauty Essential is your daily beauty powder containing 18 Certified Organic wholefoods, including bio-fermented maqui berries, queen garnet plum and pomegranate fruit peel extract as well as vitamin C to boost collagen production and zinc to support healthy hair and nails. Our supercharged formula also contains even more gut-loving goodness thanks to our more potent fermentation process, meaning every serve of this delicious berry-flavoured blend contains both probiotics and postbiotics—for luminous skin from the inside, out.



ALMOND & CINNAMON PANCAKES WITH GLOW YOGHURT & BERRY COMPOTE

Almond & Cinnamon Pancakes with Glow Yoghurt & Berry Compote

GLOW Inner Beauty Essential

Your belly will love these pancakes! Using almond meal—which is high in fibre and protein to help stabilise blood sugar levels—instead of wheat flour is a great gluten-free alternative. Berries are also packed with skin-loving antioxidants which help to combat free radical damage caused by environmental and lifestyle stressors.

SERVES 2

For the pancakes:

¾ cup (75g) almond meal
½ teaspoon ground cinnamon
¼ teaspoon baking soda
2 large organic eggs, separated
¼ cup (60mL) drinking coconut milk
1 tablespoon pure maple syrup
1 tablespoon ghee, melted and cooled,
plus extra for cooking
1 teaspoon apple cider vinegar (unpasteurised)

For the berry compote:

1 ½ cups (180g) frozen mixed berries
2 teaspoons water
2 teaspoons pure maple syrup
½ teaspoon pure vanilla extract

For the GLOW yoghurt:

¾ cup (180mL) coconut yoghurt
2 teaspoons GLOW Inner Beauty Essential

Topping:

2 teaspoons cacao nibs (optional)

1. To prepare the berry compote, place the berries, water, maple syrup and vanilla extract in a small saucepan. Bring to a simmer over a low heat. Simmer for 5 minutes, or until berries soften and the juice reduces to a syrupy consistency.
2. Meanwhile, prepare the GLOW yoghurt by combining coconut yoghurt and GLOW Inner Beauty Essential together in a small bowl. Set aside.
3. To prepare the pancakes, place the almond meal, cinnamon and baking soda in a blender and pulse to combine. Add the egg yolks, coconut milk, maple syrup, ghee and vinegar and blend into a smooth batter.
4. In a separate bowl, whisk together egg whites until soft peaks form.
5. Gradually add the batter to the whisked egg whites and fold to combine.
6. To cook the pancakes, heat a large non-stick or cast-iron frying pan over a low-medium heat. Add a little ghee to the pan to lightly grease.
7. Cook the pancakes three at a time by spooning ¼ cup (60mL) of the batter for each pancake into the pan, leaving a little room between each. Cook for approximately 1 ½ minutes or until the base is golden brown. Use a metal spatula run underneath the edge of each pancake to ensure they don't stick, then carefully flip in one motion—the pancakes are very light and soft so take care. Cook for approximately 1 minute, or until golden brown, then transfer to a plate, cover and keep warm. Repeat with the remaining batter.
8. To serve, stack the pancakes, top with GLOW yoghurt and berry compote and scatter with cacao nibs.



PINEAPPLE, AVOCADO, GINGER & MINT CLEANSE SMOOTHIE

Pineapple, Avocado, Ginger & Mint Cleanse Smoothie

CLEANSE Inner Beauty Essential

Containing vitamin C and bromelain-rich pineapple to help reduce inflammation, as well as avocado which is packed with nourishing fatty acids to moisturise the skin from within, this delicious blend is the perfect complexion refresher. The addition of lime and ginger also helps to stimulate and soothe the digestive tract for a happy belly and radiant skin.

SERVES 1

¾ cup (180mL) coconut water
1 cup (140g) fresh or frozen diced pineapple
¼ medium ripe avocado, flesh scooped out
¼ cup (60mL) coconut yoghurt
1 large handful mint leaves
4 ice cubes
2cm knob ginger, peeled and sliced
2 teaspoons fresh lime juice
1 teaspoon CLEANSE Inner Beauty Essential
Finely grated zest of 1 unwaxed lime

1. Place all of the ingredients in a high-speed blender and blend until smooth.

CLEANSE Inner Beauty Essential is an alkalising super-greens supplement designed to gently support your body's natural detoxification for clear, smooth skin and a more balanced belly. Rich in digestive enzymes, prebiotics and probiotics, it's the perfect blend to help ease congestion and realign the body.



BODY Inner Beauty Powder

A revolutionary Certified Organic and
bio-fermented wellness formula that is a protein
powder, superfood powder, prebiotic and probiotic.
With Natural
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Beauty

CHOC-MINT REFRESHER FRAPPÉ

Choc-Mint Refresher Frappé

BODY Inner Beauty Support (Chocolate)

This fresh frappé tastes indulgent but contains antioxidant-rich cacao—a good source of magnesium and iron to assist in skin repair—as well as electrolyte-rich coconut water to support body hydration. Coconut water also contains antimicrobial lauric acid which may help to prevent skin breakouts, while mint is a delicious digestive aid.

SERVES 1

1 ½ cups ice
½ cup (125mL) coconut water
¼ cup (60mL) drinking coconut milk
2 large handfuls mint leaves
1 scoop Chocolate BODY Inner Beauty Support
1 tablespoon cacao powder
1 medjool date, coarsely chopped
½ teaspoon pure maple syrup, or to taste
Pinch Himalayan salt
Shaved dark chocolate, to serve (optional)

1. Place all of the ingredients in a high-speed blender and blend until ice is finely crushed to make a thick, slushie-like consistency.
2. Top with shaved dark chocolate, to serve.

BODY Inner Beauty Support is a delicious vegan protein and wellness powder designed to support a healthy metabolism, nutrition and immunity. With over 40 Certified Organic wholefood ingredients including an abundance of super-fruits, vegetables, leafy greens and bio-fermented hemp—BODY also contains 100% of your RDI of vitamin C and 50% of your RDI of vitamin D.



APRICOT, GOJI & WALNUT PROTEIN BITES

Apricot, Goji & Walnut Protein Bites

BODY Inner Beauty Support (Vanilla)

These delicious bites are the perfect way to snack your way to glowing skin! Containing goji berries and apricots—which are both rich in skin-rejuvenating vitamin A—they also feature walnuts which contain skin-nourishing omega-3s and potassium, a mineral that’s been shown to help combat beauty-sapping stress.

MAKES 16 BITES

½ cup (125mL) canned coconut milk
¼ cup (60g) coconut butter
1 tablespoon extra virgin coconut oil
1 tablespoon pure maple syrup
1 teaspoon pure vanilla extract
1 cup (100g) almond meal
2 scoops Vanilla BODY Inner Beauty Support
1 teaspoon ground cinnamon
Pinch Himalayan salt
¾ cup (90g) walnuts, coarsely chopped
55g sulphur-free dried apricots, sliced
½ cup (40g) shredded coconut
¼ cup (25g) goji berries

1. Lightly grease and line an 18cm square cake pan with baking paper.
2. Place the coconut milk, coconut butter, coconut oil, maple syrup and vanilla extract in a small saucepan. Warm over a low heat until the coconut butter and oil have melted.
3. Place the almond meal, BODY Inner Beauty Support, cinnamon and salt in a medium bowl and stir to combine. Add the warmed liquid and stir until the mixture binds together.
4. Spread the mixture into the prepared pan. Using the back of a spoon, press and rub to compact the mixture down and create a smooth surface. Refrigerate for 30 minutes, or until firm.
5. Cut into 16 even-sized bites. Serve at room temperature.
6. Store in an airtight container in the refrigerator for up to 2 weeks or alternatively, freeze for up to 3 months.



STRAWBERRY, PEACH & ROSEWATER CHIA PUDDINGS

Strawberry, Peach & Rosewater Chia Puddings

HYDRATION Inner Beauty Boost

These beautiful chia pots are not only tasty, they're also rich in protein, fibre, antioxidants and omega-3 fatty acids, too. Chia seeds are wonderful for digestive health and boast anti-inflammatory, skin-loving, free radical-fighting benefits.

Both strawberries and peaches are also rich in vitamin C and ellagic acid—powerful skin protectors against UV damage.

SERVES 2

For the chia pudding:

1 cup (250mL) drinking coconut milk
¾ cup (90g) fresh or frozen strawberries
½ cup fresh or canned (in juice) peaches
½ cup (90g) chia seeds
2 tablespoons HYDRATION Inner Beauty Boost
2 teaspoons freshly squeezed lime juice
1 teaspoon rosewater
½ cup (125mL) coconut yoghurt

Topping:

4-5 strawberries, sliced
Fresh mint sprigs

1. Place the coconut milk, strawberries and peaches in a high-speed blender and blend until smooth.
2. Place the chia seeds in a medium bowl. To the above mixture, add HYDRATION Inner Beauty Boost, lime juice and rosewater and stir to combine.
3. Set aside for 10-15 minutes, stirring occasionally to break up any lumps, until the seeds swell and absorb all of the liquid, making a thick pudding-like consistency.
4. Add the coconut yoghurt and stir to combine.
5. To serve, divide the pudding mixture into ramekins and top with an extra dollop of coconut yoghurt (if desired), sliced strawberries and a sprig of mint.

Note:

Chia puddings can be made in advance and stored in the refrigerator for up to 3 days.

HYDRATION Inner Beauty Boost is a bio-fermented elixir to replenish thirsty, lacklustre skin from within and nourish your gut. With coconut water, magnesium, cucumber water, finger lime and trace minerals, this delicious coconut-flavoured concentrate is designed to help restore your body and skin's hydration levels while also supporting digestion.



BLACKBERRY & PEAR SMOOTHIE BOWL

Blackberry & Pear Smoothie Bowl

COLLAGEN Inner Beauty Boost

Blackberries, pears and spinach are not only delicious, but they're packed with prebiotic soluble fibre that helps to keep your gut healthy and happy, too. High fibre fruits and vegetables are vital for slowing down the release of sugar into your bloodstream—combating inflammation that can affect both your health and skin. And as a bonus: they're also packed with free radical-fighting and collagen-boosting vitamin C. The addition of avocado to this nourishing blend also means you get the skin-moisturising benefits of essential fatty acids.

SERVES 1

1 cup (120g) frozen blackberries
½ medium pear, cored and coarsely chopped
2 large handfuls baby spinach
½ cup (125mL) drinking coconut milk
¼ medium ripe avocado, flesh scooped out
1 tablespoon COLLAGEN Inner Beauty Boost
2 teaspoons freshly squeezed lemon juice
2 teaspoons flaxseed oil
½ teaspoon pure vanilla extract

Optional toppings:

Blueberries
Walnuts
Pistachios
Finger limes
Edible flowers

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a serving bowl and decorate with toppings of your choice.

COLLAGEN Inner Beauty Boost is a bio-fermented vegan elixir to plump the skin and nourish your gut. Perfect for those concerned with fine lines and premature ageing, this delicious berry concentrate contains pomegranate peel extract, gotu kola, organic goji, acai and maqui berries as well as vitamin C to support collagen synthesis and zinc for healthy skin structure, hair and nails



RUBY GRAPEFRUIT & ROSEMARY FRAPPÉ

Ruby Grapefruit & Rosemary Frappé

ANTIOXIDANT Inner Beauty Boost

This tangy frappé is a beauty and health booster! Containing antioxidant-rich ingredients like zesty grapefruit and rosemary to help combat skin damage, it also soothes your belly thanks to grapefruit's ability to help fight off parasites and rosemary's antiseptic, anti-fungal properties.

SERVES 1

1 ½ cups ice
¾ cup (180mL) freshly squeezed ruby
red grapefruit juice
½ cup (125mL) coconut water
2 tablespoons ANTIOXIDANT Inner Beauty Boost
2 teaspoons freshly squeezed lime juice
1 teaspoon fresh rosemary leaves

1. Place all of the ingredients in a high-speed blender. Blend until rosemary is finely chopped and ice is finely crushed to make a thick, slushie-like consistency.

ANTIOXIDANT Inner Beauty Boost brightens the skin from within and nurtures your gut health. Nourishing ingredients like papaya, green tea, apple cider vinegar and pomegranate fruit peel extract combine to promote skin health, while the addition of elderberry and selenium support immunity as well as healthy hair and nails. Rich in vitamin C, this tasty elixir also works to protect the skin against free radical damage, for a brighter, boosted complexion.



ANTIOXIDANT BERRY FOOL WITH CACAO GRANOLA

Antioxidant Berry Fool With Cacao Granola

ANTIOXIDANT Inner Beauty Boost

This delicious dessert is an all-round beauty booster! Rich in skin-healing zinc, vitamins A and E from pecans and antioxidant-rich berries and cacao, it nourishes your complexion and promotes repair. The addition of fibre-packed oats helps to boost good bacteria in the gut and crunchy Brazil nuts—an excellent source of selenium—also work to stimulate the production of your body's master antioxidant, glutathione—a powerful wrinkle-fighter.

SERVES 2

For the cacao granola (makes 1 cup):

¼ cup (30g) rolled oats
¼ cup (15g) flaked coconut
2 tablespoons pecans, coarsely chopped
2 tablespoons Brazil nuts, coarsely chopped
2 tablespoons hazelnuts, coarsely chopped
3 teaspoons cacao powder
½ teaspoon ground cinnamon
Finely grated zest of 1 orange
3 teaspoons pure maple syrup
2 teaspoons coconut oil, melted

For the ANTIOXIDANT berries:

1 ½ cups (180g) fresh or frozen mixed berries
2 teaspoons water
¼ cup (60mL) ANTIOXIDANT Inner Beauty Boost

Toppings:

2 cups (500mL) coconut yoghurt

1. Preheat the oven to 180°C.
2. To prepare the cacao granola, place the oats, coconut, pecans, Brazil nuts, hazelnuts, cacao powder, cinnamon and orange zest in a medium bowl and toss to combine. Add the maple syrup and coconut oil and toss to coat. Spread mixture evenly onto a medium baking tray. Cook for 15–20 minutes, until crisp. Set aside to cool.
3. To prepare the ANTIOXIDANT berries, place the berries and water in a small saucepan and gently simmer over a low heat for 3 minutes, or until berries begin to collapse and release their juice. Set aside to cool. Add the ANTIOXIDANT Inner Beauty Boost and stir to combine.
4. To assemble, layer the yoghurt, mixed berries and cacao granola in serving glasses.

Note:

The granola can be made in large batches and stored in an airtight container for up to 1 month.



SPICED SWEET POTATO & CHOCOLATE SLEEP MOUSSE

Spiced Sweet Potato & Chocolate Sleep Mousse

SLEEP Inner Beauty Support

Enjoy your beauty sleep knowing you've nourished your complexion with this decadent dessert. Rich in vitamin A—known to help thicken and stimulate the dermis where collagen and elastin live—sweet potatoes are also a good source of immune-boosting vitamin C as well as B6 which helps to improve the skin's ability to retain moisture.

SERVES 4

250g sweet potato, peeled, cut into chunks and steamed until tender (1 cup steamed sweet potato)
¾ cup (150mL) canned coconut cream or milk
2 tablespoons pure maple syrup
2 tablespoons cacao powder
2 teaspoons almond butter
2 teaspoons SLEEP Inner Beauty Support
Cacao nibs, to serve (optional)
Dried rose petals, to serve (optional)

1. Place all of the ingredients in a high-speed blender. Blend to combine, to make a smooth mousse.
2. Spoon mousse into four ½ cup (125mL) capacity serving cups.
3. Eat immediately, or refrigerate for 30 minutes to set slightly.

Note:

Cover and store in the refrigerator for up to 5 days.

SLEEP Inner Beauty Support is a bio-fermented, skin-loving powder designed to help you unwind and de-stress. With lemon balm and passionflower, which are traditionally used in Western herbal medicine to promote a restful sleep and calm mild anxiety, this delicious blend also supports the body's natural antioxidant activities to help protect against oxidative damage while you sleep.

