

FEEL GOOD SHAKE RECIPE



 **You can use fresh frozen fruit and veg too!**

TITLE: FEEL GOOD SHAKE

PREP TIME: 2 MINUTES

TOTAL TIME:

Did you know...

Raw fruits & veg are higher in antioxidants, vitamins & minerals than when they are cooked.

Ginger: Ginger increases serotonin ('happiness molecule') & dopamine ('motivation molecule').

Dark Leafy Greens: Are nutrient dense, packed with vitamins, minerals and Folate, Eating plentiful folate-rich foods have an antidepressant effect.

Citrus: Flavonoids, found in citrus fruits, have a mild anti-depressant effect.

Beetroot: Beetroot contains tyrosine & B vitamins to support dopamine & serotonin production.

Carrots: Raw Carrots are rich in Vitamin E & antioxidants which improve the symptoms associated with anxiety & depression.

INGREDIENTS

6 spinach / chard leaves and stems

2 medium apples, cut into eighths

5 carrots (no need to peel)

1/2 inch fresh ginger

1/4 lemon (remove peel

to avoid bitterness)

METHOD

Wash ingredients and add to juicer

or blender. Blitz until smooth and

garnish with choice of fruit or veg.

