



BITE-SIZED RECIPE

Energy Smoothie

Serves 1 Ready in 5 mins

- * 1 cup of your favourite tea (make your own hot tea and freeze it)
- * 1 banana
- * 1 tbsp peanut butter
- * a handful of spinach
- * 2 tsp lemon juice
- * 1 scoop Terranova Life Drink
- * 200g strawberries or any other berries
- * 1 tbsp flaxseed *

1 Add all the ingredients to a high-speed blender and blitz on high until smooth.

Courtesy of Terranova Synergistic Nutrition, terranovahealth.com

3 OF THE BEST

EASE

Control your tresses and get rid of pesky knots and tangles for stress-free styling. Flora & Curl Organic Rose & Honey Milk Detangler. **£19, floracurl.com**



SMOOCH

Our favourite day-time shade from new cruelty-free brand MEMI; this natural blend is vegan with a velvety finish. MEMI Satin Luxe Lipstick, Mood. **£12, memimakeup.com**

CALM

Apply the perfect finish to your locks with mousse and hair spray from Eco Cosmetics – a cruelty-free brand certified as natural by ECOCERT. **£9.95, allnaturalme.co.uk**



Ask Our Experts

Have a question? Email sian.bunney@aceville.co.uk

Q: "I'M LACKING INSPIRATION FOR HEALTHY BREAKFAST OPTIONS – CAN YOU GIVE ME A FEW IDEAS TO UPGRADE MY MORNING MEAL?"



For slow-release energy that keeps the hunger pangs away and stops you reaching for that chocolate bar at elevenses, you can't beat a wholegrain cereal such as organic rolled oats. You could quickly make a porridge by stirring them in a pan with water and milk, or soya milk, over a moderate heat for a few minutes. If you prefer to eat a protein-rich breakfast, then

dairy or soya yoghurts are good options with ground nuts or flaxseeds. A bowl of this is quick, healthy and sustaining; as are fried eggs, or tofu, which you can slice thinly and fry until crisp, or mash with soya milk and cook like scrambled eggs. For a real breakfast on-the-go, a couple of bananas and a handfuls of nuts have sustained me on the commute many times!

Rose Elliot MBE, vegetarian cookery writer and author, roseelliot.com

Q: "ARE PROTEIN POWDERS A WASTE OF MONEY?"



Protein is an integral component of any healthy diet and makes a big difference to sports performance, mood, lean muscle gain and weight management goals. Too little protein can lead to problems with immunity and can contribute to lethargy and mild depression. There is protein in all whole foods, so if you're eating well you should receive plenty from your diet. Research suggests that shorter-term, high-protein diets can be beneficial for excess weight and its related problems; however, moderate protein intake seems to be the key to longevity. You can get your protein from a range of foods: free-range eggs, sprouts, pulses, tofu, avocados, peas, mushrooms, nuts and seeds are some great choices. CNM recommends choosing organic produce where possible. If you love exercise and are training hard, recovering from illness, or need to lose weight, you may want a little boost from a vegetable-based protein powder or some good-quality spirulina.

Your expert: Gemma Hurditch, Naturopath at CNM (College of Naturopathic Medicine) naturopathy-uk.com