



CNM® Vegan Natural Chef

MOTHER'S DAY SIMPLY BREAKFAST IN BED

From Vanya Maksimova,
CNM Vegan Natural Chef
student:



Breakfast in bed on Mother's Day? Absolutely! A delightfully simple smoothie bowl which is blood sugar friendly and loaded with antioxidants and good fats. It's my favourite breakfast for a lazy start and perfect for a Mother's Day "stay in bed till late" type of morning... maybe followed by a few hours in the spa afterwards.

SERVES 1

Ingredients:

- 200g Almond yogurt
- handful raw cashews (pre-soaked for at least an hour is best)
- 4 brazil nuts
- 1tbsp maca powder
- 1 passion fruit
- handful of fresh raspberries
- 1/2 tsp dried goji berries
- 1/2 tsp cinnamon
- 1 ripe fig
- 1 tbsp desiccated coconut

Method:

Cut passionfruit in half and with a spoon scoop out the flesh and seeds into a bowl. Discard the skin. Cut the fig into slices or thin wedges.

In a blender or food processor combine the yogurt, cashews, brazil nuts, passion fruit, maca powder and cinnamon. Decant smoothie into a bowl and decorate with raspberries, fig, goji berries and desiccated coconut. The nuts can be varied to taste and also include seeds of your choice.

CNM recommends the use of organic ingredients.

Recipe and photo of recipe: Vanya Maksimova, CNM Vegan Natural Chef student. Other photos: CNM Natural Chef. CNM (College of Naturopathic Medicine) has a 20-year track record in training students for successful careers in natural therapies, with colleges across the UK & Ireland, offering a variety of courses in class and online.

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TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE



Vanya Maksimova, CNM Vegan Natural Chef student:

"I have enjoyed all the classes on the Vegan Natural Chef course so far but the digestive/ blood sugar balance therapeutic menu class I've enjoyed the most. My favourite thing about the course is being encouraged by everyone and being given an opportunity to express myself through cooking. We all lift each other up and that's so wonderful :) When I finish the course I'm curating my own retreats for women focused on balancing hormones, restoring and connecting with our inner energy through nutrition, dance and self-care rituals."

Come along to our Natural Chef Open Morning in London to get started on your Vegan Natural Chef journey.