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Naturopathic Medicine.



“I LAUNCHED MY DREAM BUSINESS”

Lauren Windas, CNM Naturopathic Nutrition Graduate:

“CNM changed my life because it gave me the ability to have the lifestyle I always desired. I launched my dream business in something I am truly passionate about; nutrition and coaching people to become the healthiest versions of themselves. I have co-founded my own wellness brand, ARDERE, with my sister. I am particularly interested in helping people who have a poor relationship with food or weight issues.

If you are looking to learn more about functional medicine and how diet, lifestyle and overall wellbeing can be achieved through natural modalities, CNM provides great resources and develops your skills to become a confident practitioner.”

Recipe Lauren Windas, Naturopathic Nutritionist, CNM Graduate. Photos Nicole Windas, ARDERE.

VERY BERRY SMOOTHIE BOWL

**Lauren Windas, Naturopathic Nutritionist,
CNM Graduate**

Diet: Dairy Free, Gluten Free, Nut Free, Paleo,
Pescatarian, Soy Free, Vegan, Vegetarian
Serves: 1 **Total Time:** 2 minutes

Description:

This is refreshing, creamy dish made from nature's finest berries, easy to digest and a great way to eat fruit as part of a balanced diet. Some people see fruit as a source of sugar but the fibre, vitamin, mineral and antioxidant content of fruit makes them an invaluable wholefood group.

Pair fruit with foods which can slow the absorption of sugars into the blood (especially important if you are diabetic). This delicious berry smoothie bowl includes healthy fats which help reduce blood sugar spikes and protein powder, which is a fast, easy way to get more amino acids into your diet. I recommend a minimum of 20g protein for each smoothie bowl; make sure to check how many grams of protein there are in each scoop of powder so you can measure this at home.

Ingredients:

- 50g frozen blueberries (with a few extra to top)
- 75g coconut yoghurt (or if you can tolerate dairy, you could use 75g organic, full-fat yoghurt)
- 1/2 scoop vanilla vegan protein powder
- A handful of blackberries (to serve)
- A handful of blueberries (to serve)

Method:

Add all ingredients (except the blackberries and blueberries) into a blender and blend until smooth and creamy. Pour into a bowl and top with blackberries and blueberries to serve.

CNM recommends the use of organic ingredients.