



Skin-Protecting Smoothie Recipe

Want to combine multiple skin-loving ingredients in one go? Try this refreshing and nutrient-dense smoothie:

Ingredients:

- 1 cup brewed and cooled green tea (or 3 tsp matcha powder)
- ½ cup frozen wild blueberries
- ½ cup frozen strawberries
- 1 tbsp ground flaxseeds
- 1 tsp lemon zest or juice
- 1 tsp borage oil
- ½ tsp turmeric powder
- ½ cup almond or coconut milk
- 1 tsp honey or maple syrup (optional)
- Handful of ice

Directions:

- Brew and cool your green tea.
- Blend all ingredients until smooth.
- Sip and enjoy—your skin will thank you!
- 🧑🍳 Dietitian tip: For a post-sun recovery boost, add ½ cup aloe vera juice.