



HYDRATING POMEGRANATE SMOOTHIE

Skin Concern:



Dehydration

Murad Method™ Skin Health Plan

This recipe was specially developed to keep your skin hydrated and supple. It will encourage you to Live Better by providing your body with high-quality nutrition without needlessly stressing about food choices.

Hydrating Pomegranate Smoothie

1 serving (Serve chilled)

- 90g pomegranate
- 110ml soy, semi-skimmed or skimmed milk
- 90g blueberries (fresh or unsweetened frozen)
- 1 tablespoon lecithin granules
- 1 tablespoon ground flaxseed
- 2 tablespoons dried goji berries
- Optional: 3 to 4 ice cubes or crushed ice
- Optional: sweetener to taste

Pomegranates are an antioxidant-rich superfood that help repair cell damage and boost the immune system.

Flaxseed is a great source of alpha-linolenic acid, an omega-3 fatty acid that helps lock moisture in the cells.

Lecithin strengthens cell membranes.