



# PURIFYING PINEAPPLE SMOOTHIE

Skin Concern:



Congestion

# Murad Method™ Skin Health Plan

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

## Purifying Pineapple Smoothie

**4 servings** (Serve chilled)

- **800ml unsweetened soy milk**  
(alternative: unsweetened coconut water or almond milk)
- **75g frozen pineapple**
- **75g avocado**
- **75g walnuts**
- **1 teaspoon fresh chopped ginger root**
- **1 teaspoon fresh lemon juice**
- **1 full leaf of kale**
- **1 tablespoon pumpkin seeds**
- **1 tablespoon flaxseed**
- **Optional: 5 to 7 ice cubes or crushed ice**

**Pineapples** are a great source of vitamin C. They also contain the enzyme bromelain, which helps fight off inflammation.

**Ginger** provides powerful anti-inflammatory and antibacterial benefits.

**Kale** is abundant in carotenoids that help boost the immune system. It also contains a high amount of sulphur, which aids skin health and detoxification.