



CALMING RASPBERRY SMOOTHIE

Skin Concern:



Sensitivity

Murad Method™ Skin Health Plan

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

Calming Raspberry Smoothie

1 serving (Serve chilled)

- **115ml unsweetened blueberry juice**
- **115ml almond milk**
- **100g raspberries** (fresh or unsweetened frozen)
- **1 tablespoon lecithin granules**
- **60g pumpkin seeds**
- **1 small banana**
- **Optional: 3 to 4 ice cubes or crushed ice**
- **Optional: sweetener to taste**

Raspberries and Blueberries contain anthocyanins, which have powerful anti-inflammatory, anti-cancer and antioxidant properties.

Pumpkin Seeds have high amounts of alpha-linolenic acid, an omega-3 fatty acid that helps reduce inflammation in the body. They are also packed with antioxidants.