



ENERGY AND ANTIOX IN SMOOTHIE SIZE



LipISMOOTHIE SUMMER ed.

In recent years, the smoothie has become the symbol of the quintessential health drink. Depending on the ingredients used, it has a variety of properties: energizing, hydrating, mineralizing, detoxifying, nourishing or restorative.

A "smoothie" is essentially a "shake"; a home-made drink made from fruits and/or vegetables, to which ingredients such as milk, yogurt, vegetable drinks, crushed ice, dried fruit, honey, etc. can be added.

Matcha tea, antiox booster

Matcha tea is not simply a powdered green tea, but a genuine powerhouse of antioxidants. Rich in purifying and detoxifying properties, it is also often recommended by nutrition experts for its activity on lipid metabolism.

It is an anti-aging agent; the chlorophyll in matcha tea acts on cell regeneration and fights free radical stress.

For our summer LipiSMOOTHIE we will prepare iced cubes of matcha tea, a fun and super refreshing way to incorporate this precious ingredient into our smoothie.

THE NUTRI-LIPIDOMIC RECIPE: ANTIOX LipiSMOOTHIE

For our nutr lipidomic recipe, given the muggy and exhausting heat, we opted for a mix of fruits and vegetables with energizing and moisturizing properties. The "treat" that makes our LipiSMOOTHIE truly exclusive is the presence of matcha tea.

Energizing and antioxidant fruit and vegetable smoothie with matcha tea

Ingredients for 2/3 people

- 1 small cucumber
- 1 piece of celery stick
- 3 slices of ripe white melon
- 2 slices of ripe pineapple
- A cup of matcha tea
- To decorate: mint

Procedure:

From the day before, prepare a cup of matcha tea, pour it into an ice cube container and place to freeze.

Chop all the fruits and vegetables into small pieces and place in the blender. Operate the blender and

wait for the fruits and vegetables to become a creamy mixture.



Pour the mixture into

glasses, add 2 frozen matcha tea cubes and decorate the with a fresh mint leaf and a pineapple wedge.

Tips: to get a creamy and mouthwatering mixture, we recommend using ripe fruit. If the smoothie is not very sweet you can add a teaspoon of honey or alternatively a few slices of frozen ripe banana.

More summer reading and recipes in LipiMagazine:

- Food and hydration to beat summer fatigue:
<https://www.lipinutragen.it/cibo-e-idratazione/>
- Healthy diet on vacation:
<https://www.lipinutragen.it/nutrirsi-in-vacanza/>
- Balanced-fat detox salad:
<https://www.lipinutragen.it/insalata-estiva-lipisalad/>
- Anti-inflammatory lipidomic bowl with broccoli, chickpeas, olives and anchovies:
<https://www.lipinutragen.it/bowl-lipidomica/>
- Blueberry antioxidant ice cream:
<https://www.lipinutragen.it/gelato-antiossidante/>

Article by the Editorial Group of Lipinutragen

Recipe created by Andreea Popa, Data Entry and Customer Care Account, cooking lover.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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