

ANTI-AGING *Smoothies*

FOR AGELESS BEAUTY





Hi there!

I am Peggy Ennenga, certified holistic health coach through the Institute for Integrative Nutrition. My areas of study include healthy aging, healthy hormones, gut health, detox, energy & weight loss.

I think I was born a “health nut” and even with this passion, I was overwhelmed with so much information on diets and how to age gracefully, without feeling old.

I feel great, have improved my bone density and have awesome energy. I almost never have a migraine after years of regular excruciatingly painful episodes.

I help people like myself who want to avoid osteoporosis & migraines, lose weight, know how to eat healthy on the go and have great energy.

It’s my passion to teach you the simple habits I use that will help you to Feel Ageless, Be Ageless at every age.

Ready to dive in? I am!

Much love,

Coach Peggy

INTRODUCTION

When it comes to fighting the visible signs of aging and giving the skin a more youthful appearance, many people make the mistake of only using topical treatments. However, what you put into your body is more powerful than any anti-aging cream, lotion or moisturizer that you rub on your skin.

The five smoothies in this guide are all packed full of anti-aging ingredients that will help you nourish your skin from the inside out. The antioxidants, vitamins and minerals these smoothies contain will reduce the appearance of fine lines and wrinkles, minimize the appearance of dark circles under your eyes, and make your skin appear more youthful and vibrant.

Each smoothie recipe serves 1 person.

My protein recommendation is NeoLife. Options include vegetarian and vanilla, berry or chocolate.

PAPAYA SMOOTHIE

Who would have thought that these two fruits would make for a great combination? Sweet and tart apples mixed with juicy papaya in a base of dairy free milk makes for a protein-rich smoothie that's full of fruity goodness! The apple contains skin boosting enzymes that will help you maintain a youthful appearance while the papaya contains vitamins that nourish and tone the skin.

What You'll Need:

- 1 ½ cups dairy free milk
- ½ cup papaya
- 1 apple, chopped without seeds
- 1 teaspoon chia seeds
- ½ avocado
- 1 cup spinach
- 1 scoop protein powder

Blend in a high speed-blender and enjoy.

BERRY POWERFUL SMOOTHIE

If you love berries and love getting your protein in your smoothie as well, this recipe is for you! This blend of popular berries, and minerals-loaded banana will keep you full for hours. It's also packed with antioxidants which fight both the visible and internal signs of aging.

What You'll Need:

1 ½ cups dairy free milk
½ banana
½ cup blueberries
1 cup kale, chopped
½ avocado
1 teaspoon chia seeds
2 mint leaves
1 teaspoon raw cacao

Blend all ingredients in a high-speed blender and enjoy.

TIP FOR SMOOTHIE BATCH MAKING:

- To prepare for the week ahead, simply freeze the fruits on a tray and make several portions by bagging them afterwards and returning to freezer.

GREEN SMOOTHIE

They say that you should never, ever skip breakfast, but we all know how that is often easier said than done. With this tasty and refreshing green smoothie, you'll have all the motivation you need to get out of your bed in the morning and start your day right. The secret is in the pineapples, the riper it is, the fruitier this smoothie tastes. You'll never guess how much greens are in this! All these greens firm the skin and protect against the formation of fine lines and wrinkles.

What You'll Need:

1 ½ cups dairy free milk
1 cup pineapple, chopped, fresh or frozen
1 cup spinach
½ avocado
1 teaspoon chia seeds
1 scoop protein powder
½ inch fresh ginger
Blend all ingredients in a high-speed blender and enjoy.

Smoothie benefits:

- Baby spinach is rich in folate, iron, and other ingredients that are good for you.
- Pineapple has got a cartload of vitamin C that helps with absorbing the nutrients in the spinach as well as helps you with burning energy for the day ahead.

TROPICAL SMOOTHIE

Dreaming that you're in the tropics and sipping away at some fruity tropical concoction? You can make this at home, and it's a healthy vegan version too with this tropical trio smoothie! Not only is it super tasty but the minerals in coconut water are amazing for thyroid, digestive and skin health.

What You'll Need:

1 ½ cups coconut water
½ cup mango
1 banana
1 cup kale, chopped
½ avocado
Dash of cinnamon
3 mint leaves

Blend all ingredients in a high-speed blender.

WATERMELON SMOOTHIE

Perfect for a hot summer day or whenever you need a burst of freshness, this watermelon kiwi smoothie will quench your thirst, leave you feeling invigorated, and will satisfy your sweet tooth. It's also a powerful anti-aging smoothie that nourishes the skin and prevents the skin discoloration associated with aging.

What You'll Need:

- 1 ½ cups coconut water or almond milk
- 2 tablespoons lemon juice
- 3 mint leaves
- 2 tablespoons chia seeds
- 1 banana
- 1 cup watermelon chunks, frozen
- 1 tablespoon coconut oil

Notes:

- The recipe can be spiked with a splash up to a shot of vodka for a smoothie-cocktail recipe that will have everyone lining up!

Ready to Take Your Health to the Next Level?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that takes your health, life, and energy to the next level?

Join me for my 14 Day Clean Eating Reset. www.healthcoachmt.com You'll receive an in-depth guide, over 50 mouth-watering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

Here's What Others Are Saying About Working with Me

Connect with Me:

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Here's what others say about me:

"This is life changing" JH

" Thank you for not judging me. I felt accepted and listened to during our sessions." AT

"I didn't know how sick I was until I felt better" MW

" I'd like to thank my health coach and mom for the kind and helpful coaching she's given me. I made a decision to make a change to improve my health 30 days ago. I have been on a cleanse longer than I ever thought possible. I told mom I could only do it for a week and I'm feeling so great today I just don't need or want the food/drink I thought that I couldn't live without. I have lost 15 pounds in 30 days! I still have quite a journey to get back to the weight that I felt comfortable at. Although I mostly want a forever change in lifestyle. Here is a picture of us at the fair. I ate incredibly tasty steamed vegetables and enjoyed it! Thanks to God and my mom I am on the right path, I hope that you are too!!! "

– Tanya W.