



IMAGES AND RECIPES FROM SUPERCHARGE YOUR LIFE BY LEE HOLMES, MURDOCH BOOKS, RRP \$35. PHOTOGRAPHY BY LUISA BRIMBLE



CHOCOLATE AND RASPBERRY SMOOTHIE BOWL

taste of SUMMER

PHOTOS LUISA BRIMBLE

As temps continue to rise, you need refreshing flavours which still pack a lot of punch. That's where **Lee Holmes** steps in, providing fresh and healthy recipes to keep you and your gut happy.



ALOE VERA BREAKFAST JELLY

CHOCOLATE AND RASPBERRY SMOOTHIE BOWL

SERVES 2

- 2 frozen bananas
- 1 ripe avocado, peeled
- 125g raspberries
- 2 tablespoons raw cacao powder
- 1 teaspoon vanilla powder
- 130g sheep's milk yoghurt or coconut yoghurt
- 125ml almond milk or milk of your choice

To top (your choice) edible flowers, passionfruit, lilly pilly berries, banana, raspberries, blueberries, strawberries, almonds, pepitas (pumpkin seeds), chia seeds, coconut flakes, cacao nibs, granola and/or nut butter.

Whiz all the ingredients except the toppings in a high-speed blender until smooth and creamy. The mixture should have a spoonable consistency. Pour into two bowls and decorate with your chosen topping(s).

ALOE VERA BREAKFAST JELLY

MAKES 4 DEPENDING ON SIZE OF JARS OR GLASSES

A refreshing summertime breakfast or dessert, this healthy, all-natural jelly will be a delight for children and adults alike. The soothing properties of aloe vera decongest the lymphatic system and eliminate impurities. Aloe's bitter-cool quality is perfectly balanced, and its hydrating powers heal the skin from within by promoting the growth of collagen.

- 750ml aloe vera juice
- 1 tablespoon powdered gelatine
- 1 tablespoon lime juice
- 6 drops liquid stevia
- small handful mint sprigs
- 1 teaspoon grated lime zest
- Coconut yoghurt, mint leaves and lime wedges, to serve

Gently heat the aloe vera juice in a medium saucepan over medium-low heat until hot but not boiling, then add the gelatine and whisk until dissolved. Add the lime juice, stevia and mint, and continue to whisk while heating to a boil. Remove from the heat, remove the mint sprigs and add the lime zest. Pour into glass jars or glasses and chill in the fridge until set. Serve topped with a dollop of coconut yoghurt, mint leaves and a lime wedge. P