

Smoothies during pregnancy

Smoothies are an easy “go to meal” option during pregnancy, smooth, cold, nourishing and hydrating enjoy a variety of ingredients either as a meal or a snack.

You could:

Make your own ice lollies

2 ½ cups blueberries
2-3 Tablespoons maple
syrup or honey
2 cups full fat Greek
yogurt
1 tsp vanilla extract
Lolly moulds and sticks



Benefits of drinking a smoothie during pregnancy:

- Helps you to deal with morning sickness.
- Helps with fatigue during pregnancy.
- Smoothies are rich in vitamin C, proteins, antioxidants and other nutrients.

A healthy smoothie can do wonders for your digestive system and enhances your immune system

Drink in moderation.

A quick and nutritious breakfast

Convenient and tasty way to fuel your body with energy

You will need:

- 1 apple.
- 1 orange.
- 1 generous serving of spinach.
- 1 tsp of ginger.
- 1 tsp of turmeric

