



# ANTI-AGEING VEGGIE SOY SMOOTHIE

Skin Concerns:



Hyperpigmentation



Lines and Wrinkles



Loss of Firmness

# Murad Method™ Skin Health Plan

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

## Anti-Ageing Veggie Soy Smoothie

1 serving (Serve chilled)

- 175ml carrot juice
- 50ml natural unfiltered apple juice
- 2 dark green lettuce leaves
- 1 scoop soy protein powder
- 2 spinach leaves
- 75g fresh broccoli, chopped
- 2 sprigs parsley
- 1/2 teaspoon ginger root, diced
- Optional: 3 to 4 ice cubes or crushed ice

**Carrots** are one of the most potent dietary sources of beta-carotene, a powerful antioxidant that is known to protect from cell damage and help build new skin tissue.

**Soy Protein** contains isoflavones, a phytochemical and antioxidant, which help slow down the ageing process and help prevent certain cancers.

**Broccoli** contains the two most powerful phytochemicals, lignans and sulforaphane, which are known to help combat cancer and boost the immune system.