



BELLY BEAUTIFUL

10 Snack & Smoothie Recipes for Inner and Outer Beauty

At The Beauty Chef, we know beauty begins in the belly because the skin and the gut are connected - you are what you eat.

These delicious recipes for snacks and smoothies use the healing power of fermentation in our Inner Beauty formulas, as well as nutrient-rich ingredients, to improve gut health and boost wellness and beauty.

Enjoy!



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PAPAYA GLOW SMOOTHIE

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GLOW Inner Beauty Powder

Take a gut-friendly, tropical superfruit and combine it with coconut, ginger and GLOW, and you have a smoothie full of goodness. Papayas contain a powerful enzyme called papain that aids digestion. They are also a great source of Vitamin A and C that are essential for radiant, smooth skin.

Serves 1 (makes 1 1/2 cups/375ml – 12 1/2 fl oz)

INGREDIENTS

- 1 cup (200g – 7 oz) peeled, seeded & coarsely chopped papaya
- 1/2 cup (125ml – 4 fl oz) coconut water
- 1/4 cup (60ml – 2 fl oz) coconut milk kefir
- 3 ice cubes
- 1 1/2 tablespoons freshly squeezed lime juice
- 2 teaspoons almond butter
- 1cm knob ginger, peeled
- 1 teaspoon GLOW Inner Beauty Powder
- Coconut kefir, to serve (optional)
- Dried rose petals, to serve (optional)
- Bee pollen, to serve (optional)

METHOD

1. Place all of the ingredients in a high-speed blender. Blend until smooth.
2. Top with coconut kefir, dried rose petals and bee pollen.

GLOW Inner Beauty Powder is your essential daily beauty blend, with over 20 Certified Organic and bio-fermented superfoods, rich in antioxidants, vitamins, minerals, essential fatty acids and amino acids, plus naturally occurring prebiotics and probiotics, for a beautiful gut and radiant skin. Every 5g spoonful of this berry-delicious formula contains a powerhouse of nutrients, supercharged with Flora Culture™, The Beauty Chef's unique bio-fermentation process.



ALMOND & CINNAMON PANCAKES WITH
GLOW YOGHURT & BERRY COMPOTE

ALMOND & CINNAMON PANCAKES WITH GLOW YOGHURT & BERRY COMPOTE

GLOW Inner Beauty Powder

Love your belly with these delicious pancakes. Almond meal, a great substitute for wheat flour, especially if you are gluten-free, is high in fibre and protein which helps stabilise blood sugar levels. Berries are an excellent source of antioxidants, important for mopping up free radicals that promote cellular damage and are formed in the body by everything from oxygen, to pollutants and stress.

INGREDIENTS

PANCAKES

- 3/4 cup (75g - 2 3/4 oz) almond meal
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon bicarbonate of soda
- 2 large organic eggs, separated
- 1/4 cup (60ml - 2 fl oz) drinking coconut milk
- 1 tablespoon pure maple syrup
- 1 tablespoon ghee, melted & cooled, plus extra for cooking
- 1 teaspoon apple cider vinegar (unpasteurised)

BERRY COMPOTE

- 1 1/2 cups (180g - 6 1/2 oz) frozen mixed berries
- 2 teaspoons water
- 2 teaspoons pure maple syrup
- 1/2 teaspoon pure vanilla extract

GLOW YOGHURT

- 3/4 cup (180ml - 6 fl oz) coconut yoghurt
- 2 teaspoons GLOW Inner Beauty Powder

TOPPING

- 2 teaspoons cacao nibs

METHOD

1. To prepare the berry compote, place the berries, water, maple syrup and vanilla extract in a small saucepan. Bring to a simmer over low heat. Simmer for 5 minutes, or until berries soften and the released juice begins to reduce to a syrupy consistency.
2. To prepare the GLOW yoghurt, mix the yoghurt and GLOW Inner Beauty Powder together in a small bowl to combine. Set aside.
3. To prepare the pancakes, place the almond meal, cinnamon and bicarbonate of soda in a blender and pulse to combine. Add the egg yolks, coconut milk, maple syrup, ghee and vinegar and blend to make a smooth batter.
4. In a separate bowl whisk the whites, until soft peaks form.
5. Gradually pour the batter into the whites, folding to combine.

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ALMOND & CINNAMON PANCAKES WITH GLOW YOGHURT & BERRY COMPOTE

GLOW Inner Beauty Powder

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6. To cook the pancakes, heat a large non-stick or cast-iron frying pan over low-medium heat. Dip some kitchen paper into ghee and rub over the hot pan to lightly grease.
7. Cook the pancakes three at a time, spooning 1/4 cup (60ml - 2 fl oz) of the batter for each one around the pan, allowing a little room between each. Cook for 1 1/2 minutes or until the base is golden brown. Using a metal spatula run around underneath the edge of the pancakes to ensure they aren't stuck. The pancakes are very light and soft. Carefully flip in one motion. Cook for 1 minute, or until golden brown. Transfer onto a plate, cover to keep warm and set aside. Repeat with the remaining batter.
8. To serve, stack the pancakes, top with GLOW yoghurt and berry compote, and scatter with cacao nibs.



PINEAPPLE, AVOCADO, GINGER
& MINT CLEANSE

PINEAPPLE, AVOCADO, GINGER & MINT CLEANSE

CLEANSE Inner Beauty Powder

Freshen your complexion with a skin-loving combination of vitamin C and bromelain in pineapple, to help reduce inflammation, as well as feed it with nourishing fatty acids found in avocados. Lime juice and ginger stimulate and soothe the digestive tract for happy gut health and radiant skin.

Serves 1 (makes 1 1/2 cups/375ml – 12 1/2 fl oz)

INGREDIENTS

- 3/4 cup (180ml – 6 fl oz) coconut water
- 1 cup (140g – 5 oz) fresh or frozen diced pineapple
- 1/4 medium ripe avocado, flesh scooped out
- 1/4 cup (60ml – 2 fl oz) coconut yoghurt
- 1 large handful mint leaves
- 4 ice cubes
- 2cm knob ginger, peeled & coarsely chopped
- 2 teaspoons lime juice
- 1 teaspoon CLEANSE Inner Beauty Powder
- Finely grated zest of 1 unwaxed lime

METHOD

1. Place all of the ingredients in a high-speed blender. Blend until smooth.

CLEANSE Inner Beauty Powder is a comprehensive super-greens supplement designed to help detox and purify your body on the inside, promoting smoother, clearer skin on the outside. It contains 45 organic and bio-fermented fruits, vegetables, seeds, roots, algae, grasses, plant fibre, purifying herbs and digestive enzymes.



CHOC-MINT REFRESHER FRAPPE

CHOC-MINT REFRESHER FRAPPE

Chocolate BODY Inner Beauty Powder

This indulgent frappe includes antioxidant-rich cacao, a good source of magnesium and iron to assist in skin repair. Electrolyte-rich coconut water boosts the hydration properties of this delicious frappe and, because it contains antimicrobial lauric acid, it may also help prevent skin breakouts. Mint is a delicious addition that helps soothe and aid digestion.

Serves 1-2 (makes 2 cups/500ml – 17 fl oz)

INGREDIENTS

- 1 1/2 cups ice
- 1/2 cup (125ml – 4 fl oz) coconut water
- 1/4 cup (60ml – 2 fl oz) drinking coconut milk
- 2 large handfuls mint leaves
- 1 scoop Chocolate BODY Inner Beauty Powder
- 1 tablespoon cacao powder
- 1 medjool date, coarsely chopped
- 1/2 teaspoon pure maple syrup, or to taste
- Pinch Himalayan salt
- Shaved dark chocolate, to serve (optional)

METHOD

1. Place all of the ingredients in a high-speed blender. Blend until ice is finely crushed to make a thick slushie-like consistency.
2. Top with shaved dark chocolate to serve.

BODY Inner Beauty Powder is a Certified Organic meal supplement with over 40 ingredients, including three clean sources of bio-available plant protein, plant fibre, super-fruits, vegetables, alkalizing greens, prebiotics, probiotics and matcha green tea. It contains a very good source of vitamin C from acerola cherry and vitamin D from mushrooms. BODY can be used to boost immunity, for overall nutrition or as a healthy snack to help bring your body back into balance. Available in both vanilla and chocolate.



APRICOT, GOJI & WALNUT PROTEIN BITES

APRICOT, GOJI & WALNUT PROTEIN BITES

Vanilla BODY Inner Beauty Powder

Snack your way to gorgeous skin with goji berries and apricots, both rich in the skin rejuvenator, vitamin A. These delicious bites also feature walnuts, for skin-nourishing omega-3s as well as potassium, a mineral that has been shown to help reduce beauty-sapping stress.

Makes 16 bites

INGREDIENTS

- 1/2 cup (125ml - 4 fl oz) canned coconut milk
- 1/4 cup (60g - 2 oz) coconut butter
- 1 tablespoon extra virgin coconut oil
- 1 tablespoon pure maple syrup
- 1 teaspoon pure vanilla extract
- 1 cup (100g - 3 1/2 oz) almond meal
- 2 scoops Vanilla BODY Inner Beauty Powder
- 1 teaspoon ground cinnamon
- Pinch Himalayan salt
- 3/4 cup (90g - 3 oz) walnuts, coarsely chopped
- 55g sulphur free dried apricots, sliced
- 1/2 cup (40g - 1 1/2 oz) shredded coconut
- 1/4 cup (25g - 1 oz) goji berries

METHOD

1. Lightly grease and line an 18cm square cake pan with baking paper.
2. Place the coconut milk, coconut butter, coconut oil, maple syrup and vanilla extract in a small saucepan. Warm over low heat, to melt the coconut butter and oil.
3. Place the almond meal, BODY Inner Beauty Powder, cinnamon and salt in a medium bowl and stir to combine. Add the walnuts, apricot, coconut and goji berries and stir to combine. Add the warmed liquid and stir until the mixture binds together.

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APRICOT, GOJI & WALNUT PROTEIN BITES

Vanilla BODY Inner Beauty Powder

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4. Spread the mixture into the prepared pan. Using the back of a spoon press and rub to compact down and create a smooth surface. Refrigerate for 30 minutes, or until firm.
5. Cut into 16 even sized bites. Serve at room temperature.
6. Store in an airtight container in the refrigerator for up to 2 weeks. Alternatively freeze for up to 3 months.



STRAWBERRY, PEACH & ROSEWATER
CHIA PUDDINGS

STRAWBERRY, PEACH & ROSEWATER CHIA PUDDINGS

HYDRATION Inner Beauty Boost

These beautiful posts of deliciousness are rich in protein, fibre, antioxidants and omega-3 fatty acids. Chia seeds are an all-around, anti-inflammatory, skin-loving, free radical fighting ingredient that are also great for digestive health. Both strawberries and peaches are rich in vitamin C and ellagic acid, powerful skin protectors against UV damage.

Serves 2

INGREDIENTS

CHIA PUDDING

- 1 cup (250ml - 8 1/2 fl oz) drinking coconut milk
- 3/4 cup (90g - 3 oz) fresh or frozen strawberries
- 1/2 fresh or canned (in juice) peach
- 1/2 cup (90g - 3 oz) chia seeds
- 2 tablespoons HYDRATION Inner Beauty Boost
- 2 teaspoons freshly squeezed lime juice
- 1 teaspoon rosewater
- 1/2 cup (125ml - 4 fl oz) coconut yoghurt

TOPPING

- 4-5 strawberries, sliced
- Fresh mint sprigs

METHOD

1. Place the coconut milk, strawberries and peach in a high-speed blender. Blend until smooth.
2. Place the chia seeds in a medium bowl. Add the above mixture with HYDRATION Inner Beauty Boost, lime juice and rosewater and stir to combine.
3. Set aside for 10-15 minutes, stirring occasionally to break up any lumps, until the seeds swell and absorb all of the liquid, to make a thick pudding consistency.
4. Add the coconut yoghurt and stir to combine.

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STRAWBERRY, PEACH & ROSEWATER CHIA PUDDINGS

HYDRATION Inner Beauty Boost

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5. To serve, divide pudding mix into ramekins and top with an extra dollop of coconut yoghurt (if desired), sliced strawberries and a sprig of mint.

** Chia puddings can be made in advance and stored in the refrigerator for up to 3 days*

HYDRATION Inner Beauty Boost is a bio-fermented probiotic concentrate designed to help hydrate the skin from within as well as boost digestive health. Rich in electrolyte-rich coconut water, aloe vera and lemon myrtle, this delicious elixir is ideal for when your complexion is looking dull, dehydrated and lacklustre.



BLACKBERRY & PEAR SMOOTHIE BOWL

BLACKBERRY & PEAR SMOOTHIE BOWL

COLLAGEN Inner Beauty Boost

Blackberries, pears and spinach are brimming with prebiotic soluble fibre that help keep your gut healthy. High fibre fruits and vegetables also slow the release of sugar into your bloodstream to help prevent inflammation that can affect your health and your skin. A bonus: they're all packed with free radical-fighting and collagen-boosting vitamin C. We've also added avocado to this blend so you get the benefit of their skin-moisturising fatty acids.

Serves 1 (makes 1 1/2 cups/375ml – 12 1/2 fl oz)

INGREDIENTS

- 1 cup (120g – 4 1/2 fl oz) frozen blackberries
- 1/2 medium pear, cored & coarsely chopped
- 2 large handfuls baby spinach
- 1/2 cup (125ml – 4 fl oz) drinking coconut milk
- 1/4 medium ripe avocado, flesh scooped out
- 1 tablespoon COLLAGEN Inner Beauty Boost
- 2 teaspoons freshly squeezed lemon juice
- 2 teaspoons flax seed oil
- 1/2 teaspoon pure vanilla extract

OPTIONAL TOPPINGS

- Blueberries
- Walnuts
- Pistachios
- Finger limes
- Edible flowers

METHOD

1. Place all of the ingredients in a high-speed blender. Blend until smooth.
2. Pour into a serving bowl and decorate with toppings.

COLLAGEN Inner Beauty Boost is a delicious bio-fermented probiotic concentrate, designed to help balance the digestive tract and boost skin vitality. It is rich in skin-protective antioxidants from Certified Organic maqui berry, acai berry, papaya, blueberry, goji berry and pomegranate. It also contains grape-seed extract, zinc and vitamin C to help combat cellular damage and support healthy skin, hair and nail growth. Specifically formulated to address skin firmness, fine lines, free-radical damage and aid skin maintenance.



RUBY GRAPEFRUIT & ROSEMARY FRAPPE

RUBY GRAPEFRUIT & ROSEMARY FRAPPE

ANTIOXIDANT Inner Beauty Boost

Boost beauty and health with powerful antioxidants in tangy grapefruit and antioxidant-rich rosemary that help to prevent skin damage. Grapefruit may also assist in fighting parasites in the gut while rosemary, an anti-inflammatory, anti-fungal and antiseptic herb, helps soothe the stomach.

Serves 1-2 (makes 2 cups/500ml – 17 fl oz)

INGREDIENTS

- 1 1/2 cups ice
- 3/4 cup (180ml – 6 fl oz) freshly squeezed ruby red grapefruit juice
- 1/2 cup (125ml – 4 fl oz) coconut water
- 2 tablespoons ANTIOXIDANT Inner Beauty Boost
- 2 teaspoons freshly squeezed lime juice
- 1 teaspoon fresh rosemary leaves

METHOD

1. Place all of the ingredients in a high-speed blender. Blend until rosemary is finely chopped and ice finely crushed to make a thick slushie-like consistency.

ANTIOXIDANT Inner Beauty Boost is a bio-fermented probiotic concentrate specifically formulated to boost the immune system, fight free radicals and support skin rejuvenation. Rich in papaya leaf and fruit and pomegranate, green tea and vitamin E, this powerful blend is the boost of choice for a tired complexion that is recovering from stress or the effects of environmental pollutants.



ANTIOXIDANT BERRY FOOL WITH
CACAO GRANOLA

ANTIOXIDANT BERRY FOOL WITH CACAO GRANOLA

ANTIOXIDANT Inner Beauty Boost

Combine skin-healing zinc, vitamin A and E in pecans with potent antioxidants in berries and cacao, and you have a dessert that nourishes your complexion and promotes repair. We have also added oats, that contain a special fibre that helps increase good bacteria in the gut, plus crunchy Brazil nuts, an excellent source of selenium, to stimulate the powerful wrinkle-fighter glutathione. The result: an all-round beauty booster.

Serves 2

INGREDIENTS

CACAO GRANOLA (MAKES 1 CUP)

- 1/4 cup (30g - 1 oz) rolled oats
- 1/4 cup (15g - 1/2 oz) flaked coconut
- 2 tablespoons pecans, coarsely chopped
- 2 tablespoons Brazil nuts, coarsely chopped
- 2 tablespoons hazelnuts, coarsely chopped
- 3 teaspoons cacao powder
- 1/2 teaspoon ground cinnamon
- Finely grated zest of 1 orange
- 3 teaspoons pure maple syrup
- 2 teaspoons coconut oil, melted

ANTIOXIDANT BERRIES

- 1 1/2 cups (180g - 6 1/2 oz) fresh or frozen mixed berries
- 2 teaspoons water
- 1/4 cup (60ml - 2 fl oz) ANTIOXIDANT Inner Beauty Boost

TOPPINGS

- 2 cups (500ml - 17 fl oz) coconut yoghurt

METHOD

1. Preheat the oven to 180°C (350°F).
2. To prepare the cacao granola, place the oats, coconut, pecans, Brazil nuts, hazelnuts, cacao powder, cinnamon and orange zest in a medium bowl and toss to combine. Add the maple syrup and coconut oil and toss to coat. Spread mixture onto a medium baking tray. Cook for 15-20 minutes, until crisp. Set aside to cool.

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ANTIOXIDANT BERRY FOOL WITH CACAO GRANOLA

ANTIOXIDANT Inner Beauty Boost

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3. To prepare the ANTIOXIDANT berries, place the berries and water in a small saucepan and gently simmer over a low heat for 3 minutes, or until berries begin to collapse and release their juice. Set aside to cool. Add the ANTIOXIDANT Inner Beauty Boost and stir to combine.
4. To assemble, layer the yoghurt, mixed berries and cacao granola in serving glasses.

**Granola can be made in larger batches and stored in an airtight container for up to 1 month.*



SPICED SWEET POTATO & CHOCOLATE
SLEEP MOUSSE

SPICED SWEET POTATO & CHOCOLATE SLEEP MOUSSE

SLEEP Inner Beauty Powder

Sleep beautifully knowing you've fed your complexion with a rich dose of vitamin A, known to thicken and stimulate the dermis where your collagen and elastin live. Sweet potatoes are one of the best sources of this complexion-nourisher, as well as immune-boosting vitamin C and B6 that help improve the skin's ability to retain moisture.

Serves 4

INGREDIENTS

- 250g (9 oz) peeled sweet potato, cut into chunks & steamed until tender* (1 cup steamed sweet potato)
- 150ml (5 fl oz) canned coconut cream or milk
- 2 tablespoons pure maple syrup
- 2 tablespoons cacao powder
- 2 teaspoons almond butter
- 2 teaspoons SLEEP Inner Beauty Powder
- Cacao nibs, to serve (optional)
- Dried rose petals, to serve (optional)

METHOD

1. Place all of the ingredients in a high-speed blender. Blend to combine, to make a smooth mousse.
2. Spoon mousse into four 1/2 cup (125ml - 4 fl oz) capacity serving cups.
3. Eat immediately or refrigerate for 30 minutes, to set slightly.

**Cover and store in the refrigerator for up to 5 days.*

SLEEP Inner Beauty Powder is a delicious bio-fermented turmeric and spice blend for beauty and wellbeing; with passionflower and lemon balm, traditionally used in western herbal medicine for sleep and to help relieve stress and anxiety. It can be mixed with nut, soy, rice or dairy milk for a soothing bedtime drink.

A SPECIAL GIFT

Use this code for 10% off your next order with us
BELLY-BEAUTIFUL

