

# 3 Hangover Smashing Smoothies

Whether it's a 'quiet one' at home after a long day at work, or a night out at a restaurant, pub or party with friends and family enjoying the conversation, laughing, dancing and being in the moment, no one really worries about the morning after until it hits you with a sledgehammer from ear to ear the next day.

The temptation is to eat a stodgy, oily, carb-loaded breakfast to feel better. But this ultimately makes you more lethargic and doesn't provide the ingredients you need for your body to process the alcohol and replenish lost nutrient stores.

However, no one feels like spending ages making the perfect breakfast when they're hungover but ditch the coffee and left-over take-away, these hangover smoothies are super quick and an easy way to give your body what it needs to get you back on your feet as quickly as possible.

Hangovers are mainly a result of dehydration and loss of potassium and electrolytes. Ingredients in these smoothies will help counteract this. Smoothies are easy and simple to prepare in under 5 minutes. If you are really organised the fruit can be chopped and prepped days before and kept in the freezer, so all you have to do is pull them out and blitz them.

Note:

Tsp – a teaspoon measure (5ml)

Dsp – dessert spoon measure (10ml)

## 1 Watermelon Energiser

Watermelons are great for hangovers and are often ranked top of lists on best hangover cures because the juice acts more like an isotonic drink due to its hydrating salts, minerals and sugars.

Studies have shown that watermelon juice can be twice as hydrating as water, as well delivering more nutrients per calorie than many other fruits and boasting high levels of vitamins A and C along with some of the most important antioxidants in nature. In addition, the seeds are rich in selenium and zinc so blending the fruit (and seeds)



into a drink maximises the nutritional value.

Cucumbers are another hydrating fruit and can help reduce the intensity of both hangovers and headaches. Add a little added ginger and mint to ease the stomach and help settle any queasiness and nausea and then of course there's coconut water to give a potassium hit.

### Ingredients

- 2 thick slices Watermelon (about ¼ small watermelon)
- 5 cm slice cucumber
- 1 sprig mint
- Juice ½ lime
- 150 mls coconut water
- 2 slices ginger

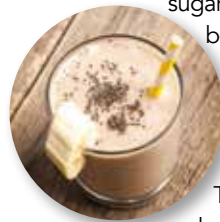
## 2 Chocolate Mango Smasher

No one would think this creamy, chocolatey smoothie has been specifically designed to counteract hangover symptoms. This is a great energising and

feel-good drink, packed full of

nutrients. The bananas and cacao help to boost serotonin levels, lifting spirits and mood, and you'll also be getting a load of antioxidants and potassium. The more alcohol you drink, the more potassium is lost and coconut water is a good source of potassium and electrolytes.

Another key consideration when dealing with hangovers are blood



sugar imbalances. Contrary to popular belief, mangos are one of the few tropical fruits that don't shoot your blood sugar levels sky high, and there is clinical evidence that they can help mitigate the symptoms of a hangover.

They're also a fantastic source of the plant form of vitamin A – important for a healthy immune system. Over 70% of the immune system is located in the gut and probiotic-rich yoghurt is a good way to support gut health, which itself will have a had a tough night from too much alcohol.

### Ingredients (serves 2)

- ½ mango, chopped
- 1 small banana
- 2 tsp coconut oil
- 2 dsp natural yoghurt
- 150 mls coconut water
- 1 dsp cacao (or cocoa)

## 3 Green Stress Buster

Feeling tired or lethargic?

A lack of potassium could be the cause. Spinach is actually a better source of potassium than bananas, and greens also help alkalise and detoxify the body as well as provide a whole host of nutrients needed to get energy levels back up. It's also a good source of sulphur to help the liver



clear toxins.

Berries are not only good liver-supporters but are packed full of antioxidants that help mop up damage caused by excess alcohol and support the immune system. This is important as the immune system is compromised by alcohol and no one wants a hangover AND an illness through the holidays.

The avocado is strategic – a 'good' fat is essential with foods in order to be able to absorb the fat-soluble nutrients and get the most out of them. And avocados also provide vitamin E, fibre and even more potassium.

### Ingredients (serves 2)

- 1 small banana
- 1 cup berries
- 1 handful spinach
- ½ small avocado
- 150 mls coconut water or water
- squeeze of lime