



MACADAMIA, TURMERIC & PASSIONFRUIT SMOOTHIE

Introducing Food blogger Amy Barrett. Amy is a passionate florist/foodie with a love for nutrition, family and photography. With that winning combination, we approached Amy to share one of her favourite recipes on our blog. Here's what she served up.....

I grew up in the country riding BMX bikes, swimming in Whian Whian falls and helping on my mum and dad's part time veggie burger stall at the local market.

I learnt to cook my first meal from scratch at age 12 and often cooked my parents romantic candle lit dinners decorated with fresh flowers picked from our garden. Since my high school years I had planned on being a photographer, however, decided to study floristry. Seventeen years later I am still enjoying creating lovely things and have a passion for cooking and testing different flavour combinations with whole foods. Since having our first child thirteen years ago my thirst for knowledge in nutrition kept growing until I decided to study nutritional medicine.

For health reasons I quit sugar and gluten a few years ago which got me experimenting with different flours, grains, raw desserts and smoothie bowls and as a mum sneaking extra nutrition in where ever I can! I am a total recycling nutter and believe in buying local fresh seasonal produce with minimal packaging, real food needs to be simple, beautifully nutritious and affordable.

Below is a smoothie I created especially for my introduction to the blogging world and for the lovely people at Affordable Whole Foods. Enjoy x

Serving Size: 2

Ingredients:

1/2 cup activated macadamia nuts (this makes the nuts easier to digest + blend)!

2 cm piece of fresh turmeric or 1 tsp organic ground

A pinch of black pepper (to increase bio availability of curcumin)

2 passionfruit

2 tbsp sprouted rice protein powder, optional

1/4 cup organic coconut cream, BPA free (I used banaban brand)

1 & 1/2 cups natural raw c coconut water

1/2 frozen banana

Note: Use regular macadamias if you don't have activated.

Method:

Blend with a couple of ice cubes until gorgeously smooth! Top with extra passionfruit & turmeric powder. If you would like this as a smoothie bowl cut back by 1/2 a cup of coconut water, and increase the banana to 1 whole one. Then you can add your favourite toppings!

Inspiration:

Gluten Free | Dairy Free | Vegan | Refined Sugar Free

To see more from Amy, visit her Instagram page here [@chocdaisy](#)