



**EDIBLE BEAUTY**  
AUSTRALIA

# **“LET’S TURN BEAUTY INSIDE OUT”**

**THE 30 DAY BEAUTY CHALLENGE TO A GLOWING YOU**

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**YOUR 30 DAY EAT-TO-GLOW MANTRA:**

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**“I NOURISH MY HEALTHY  
BODY AND FEED MY  
GLOWING SKIN FROM  
THE INSIDE OUT”**





# GLOWING SKIN COMES FROM WITHIN

When it comes to glowing skin, what we put inside our bodies is just as important as what we apply on the outside.

The skin is like an X-RAY! It is a wonderful tool to show the internal state of the body. We can cover up skin issues with make up, medication, steroids and antibiotics but none of these address the underlying problem of what is actually causing your skin to play up. Whether it's acne, rosacea or a dull and dry complexion, the solution is to turn inwards by paying attention to what foods we are choosing to consume on a daily basis. This, coupled with a toxin-free beauty regime, can make the world of difference!

Incredible transformation occurs when we enhance the skin from the inside out. We are all entitled to gorgeous, glowing skin and vibrant health. Our 30 Day Beauty Challenge is here to show you how to harness your inside out vitality so you can achieve the beautiful skin and radiant state of wellbeing that you deserve!





**“THE RADIANCE OF  
OUR ENERGY, SKIN AND  
PERSONALITY IS A DIRECT  
REFLECTION WHAT WE PUT  
ON AND INSIDE OUR BODIES.  
WE ARE WHAT WE EAT -  
AS THE SAYING GOES.”**

ANNA MITSIOS, EDIBLE BEAUTY FOUNDER & NATUROPATH



# INSIDE OUT BEAUTY PRINCIPLES

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To make it easy for you, we have identified the Five Beauty Food Groups and Two Outside Beauty Principles, which in our experience have the greatest influence on the health of the skin. Together these foods and lifestyle measures are designed to cleanse and detoxify your body and provide you with the ability to absorb beauty-building nutrients. These have the ability to repair the body, support the skin's structure and create a vital, youthful complexion from the inside out.

## 7 STEPS TO INSIDE OUT BEAUTY

### THE FIVE BEAUTY FOOD GROUPS

#### Support Beauty from the Inside

##### 1. Detox Essentials

- Detoxing the body by eliminating old waste is the first step to getting that golden glow. When our detoxification processes are not functioning properly, toxic matter is reintroduced back into the body and eliminated via the skin. We are unable to absorb vital nutrients required for collagen production and skin renewal and our energy resources are diverted to eliminating excess food and toxins rather than being used for beautifying processes. Poor detoxification processes also contribute to hormonal imbalances. When not being eliminated, these toxins may increase oestrogen dominance and lead to hormonal acne.
- Loosening toxic sludge from your system allows your digestion to function efficiently, it frees up capacity for your body's natural beautifying processes and also provides for the optimal absorption of all of the beauty nutrients you require for healthy skin and hair.

## **Mantra: "I keep my temple clean"**

Detox Essentials Foods are listed on Page 12

### **2. Fibre Fix Foods**

- Fibre is our best friend during the 30 Day Beauty Challenge. Fibre sweeps away the debris and old toxic matter that is released when the body's detoxification processes come alive.
- Ensuring that our fibre intake is kept up helps us to be continually cleansing. It reduces the recirculation of fat and toxins in the body and ensures your body is kept full, preventing you from eating beauty destroying foods.
- Increasing your fibre improves your gut microbiome, which is intricately linked to the health of your skin!

## **Mantra: "Out with the old, in with the new"**

Fibre Fix Foods are listed on Page 12

### **3. Antioxidant-Rich Foods**

- Antioxidant-rich foods perform three critical roles when it comes to boosting beauty. They prevent collagen breakdown and UV damage, encourage collagen synthesis, and promote cellular repair and healing.
- Antioxidant-rich foods prevent collagen breakdown by neutralising free radicals, unstable electrons that have an unpaired electron in their outer shell – a bit like a knife without a sheath. Antioxidants sheathe the knife, binding unstable electrons, to prevent them from attacking collagen strands and other cells in the skin's architecture.
- There is no single miracle antioxidant! We recommend that you take a "cocktail" approach and consume a variety of different antioxidants. After all, there is strength in numbers and we see wonderful results when these superfoods are consumed together. Think colourful fruits and vegetables. These are key as the bright pigments represent an abundance of antioxidant protection.

## **Mantra: "I eat the rainbow at every meal"**

Antioxidant-Rich Foods are listed on Page 12





#### 4. Collagen-Boosting Foods

- Our Collagen-Boosting Beauty Food Group provides the building blocks and co-factors required for a boost in your body's collagen producing capacity.
- Vitamin C and the amino acids glycine, proline and lysine are key here, whilst sulfur works to hold collagen fibres together.

**Mantra: "My skin is youthful and radiant"**

Collagen-Boosting Foods are listed on Page 12

#### 5. Essential Fatty Acid Foods

- Essential Fatty Acids are vital to our beauty and feature in our 30 Day Beauty Challenge. Think of a lack of fatty acids as very dry and depleted skin. Fatty acids perform two functions when it comes to the skin, they have a strong protective barrier function and provide anti-inflammatory action.
- Research suggests exciting benefits of higher dietary fatty acid consumption, including a reduction in skin damage caused by UV sunlight, a reduction in the inflammatory response associated with acne, more youthful skin appearance, and lower incidence of dry skin and skin thinning.
- So if you are after smooth, hydrated, dewy and youthful skin, then fatty acids are essential.

**Mantra: "Good fats are my friends"**

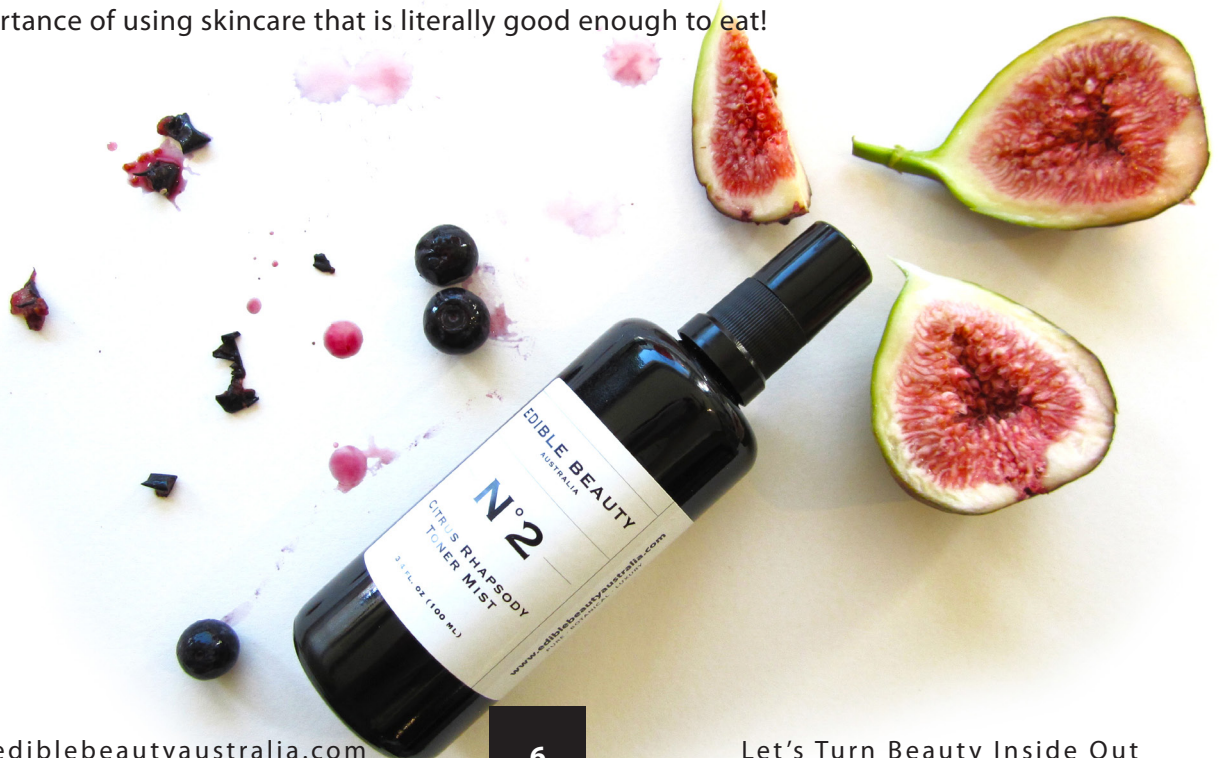
Essential Fatty Acid Foods are listed on Page 12

### THE TWO OUTSIDE BEAUTY PRINCIPLES

#### Support Beauty from the Outside

#### 6. Skincare Detox

- At the core of our message at Edible Beauty Australia, is educating women and men on the importance of using skincare that is literally good enough to eat!



- It is horrifying to think that we are absorbing about five pounds of toxic chemicals accumulated via our skin every year.
- The Environmental Working Group (EWG), has revealed that more than 25% of women use at least 15 products daily that could contain toxins and carcinogens. This amounts to a staggering 515 different chemicals on our bodies every single day.
- These chemicals can interfere with our endocrine systems, fertility, immunity and cause allergies and irritation.
- Take this time to start to re-evaluate your beauty regime and detoxify your skincare cupboard. Start with the products you use daily. For instance, your cleanser and moisturiser are an excellent place to begin.
- Our Core Four product range (and & Edible Beauty on the Fly travel set) provides you with an easy way to overhaul your toxic products for a botanical, “edible” solution to skincare.

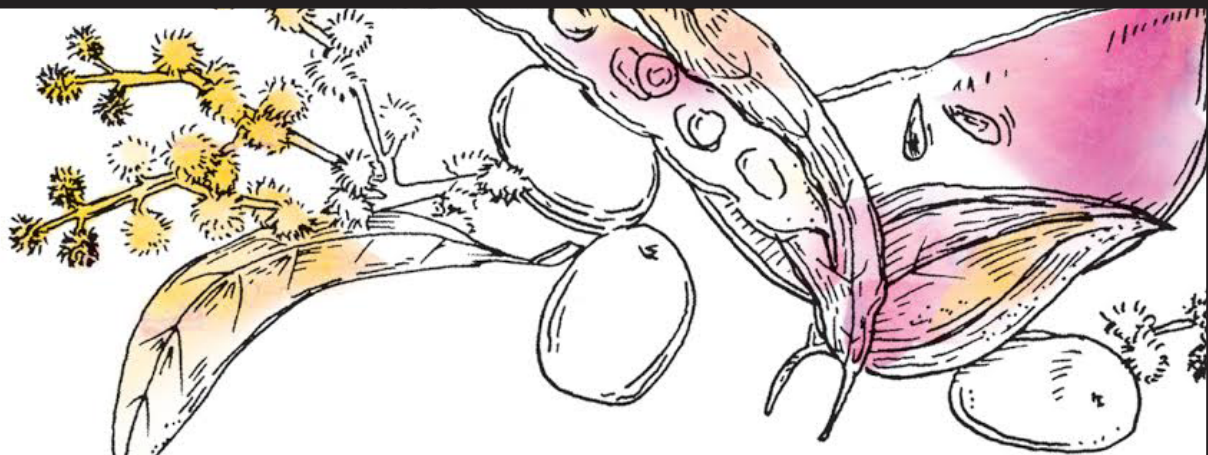
### DID YOU KNOW?

Your skin absorbs up to 60% of what you put on it, which goes into the bloodstream faster and more easily than if we ingested it. We believe that if you wouldn't put it into your mouth, you shouldn't put it on your face or body either.



## 7. Beauty Sleep

- A lack of sleep will increase cortisol levels, which is one of the body's main stress hormones. When it comes to happy hormones, which promote our natural glow, melatonin is one you don't want to be missing out on. It signals to the body to sleep, which is when the major part of cellular repair occurs.
- Our body secretes melatonin when we sleep, however levels naturally decline as we age and peak levels produced at night reduce significantly.
- This makes it even more critical to sleep as we get a little older. Sleeping for at least seven hours a day ensures your melatonin levels are kept in check.
- Cortisol levels rise when we don't get enough sleep. The relationship between high levels of cortisol and skin problems has been clearly documented. The onset of many skin conditions including acne, psoriasis and atopic dermatitis has been linked to increased cortisol.
- Meditation has been shown to increase melatonin levels and decrease cortisol levels. The great news is you can enhance your glow by meditating and getting enough shut-eye daily.



# LET THE BEAUTY CHALLENGE BEGIN...

## ARE YOU READY TO TURN YOUR BEAUTY REGIME INSIDE OUT?

Now that you have been introduced to our Seven Inside Out Beauty Principles, you're ready to get started!

For the next thirty days, it will be your mission to eat the below serves from each of the Five Beauty Food Groups and follow the Two Outside Beauty Principles daily.

Remember, life isn't perfect and it's what you do consistently that will give you results. If you slip up, don't stress about it (even worse for your health and skin!). Simply forgive yourself continue following the principles as soon as possible.

### 1. DETOX ESSENTIALS

**Challenge: Aim for 2 to 3 serves of the below daily**

**One serve is equal to:**

- 2 tablespoons sauerkraut
- 30 mls of kefir
- 2 cups of cruciferous vegetables (including cabbage, cauliflower, broccoli, Brussels sprouts, kale)
- 2 cups of bitter leafy greens (including purslane, spinach, rocket, radicchio, kale, dandelion leaf greens)
- Juice of half a lemon
- 1 teaspoon of dried ginger or turmeric powder

### 2. FIBRE FIX FOODS

**Challenge: Aim for 2 serves of the below daily**

**One serve is equal to:**

- 1-2 tablespoons of chia seeds\*
- 1-2 tablespoons of flaxseed meal\*
- 1 green apple or pear

\* If you are not used to having fibre as part of your diet start with 1 teaspoon daily and build your way up.



### 3. ANTIOXIDANT-RICH FOODS

**Challenge:** Aim for 2 serves of the below daily

**One serve is equal to:**

- ½ -1 cup of berries or cherries
- 2 teaspoons Acai, Macqui or Gubinge powder
- 1 kiwifruit
- 1/4 cup pomegranate seeds
- 1/2 cup red capsicum
- 1 cup sweet potato or pumpkin
- 1 cup of green or white tea

### 4. COLLAGEN-BOOSTING FOODS

**Challenge:** Aim for 2 serves of the below daily

**One serve is equal to:**

- 1/2 cup of edamame beans
- 1/2 cup legumes
- 1-2 cloves garlic
- 1 cup cooked broccoli, cabbage, carrots or cabbage
- 1 cup quinoa, buckwheat or brown rice

### 5. ESSENTIAL FATTY ACIDS

**Challenge:** Aim for 2 serves of the below daily

**One serve is equal to:**

- 1 tablespoon flaxseed oil
- 1/2 avocado
- Handful of walnuts/almonds
- If not vegan: 1 palm size portion of oily fish\*

\* Opt for cod, trout or wild caught salmon. Avoid tuna, swordfish and mercury, due to heavy metals.

### 6. SKINCARE DETOX

**Challenge:** Aim to ensure that 50% of the products you are using on your skin are “edible”.

- Start with the products you use the most like your cleanser and moisturiser.

### 7. BEAUTY SLEEP

**Challenge:** Aim to ensure to be in bed by 10- 10.30 PM each night and have at least 7 to 8 hours of quality sleep daily.

- Remember that sleep before 12 PM is twice as rejuvenating and beautifying than sleep after mid-night.







**BEAUTY DOES TRULY COME FROM THE INSIDE, SO WHILST FOCUSING ON FEEDING YOUR BODY WITH BEAUTIFUL AND NOURISHING FOODS, REMEMBER TO ALSO NOURISH YOUR MIND AND SOUL WITH POSITIVE THOUGHTS AND ACTS.**

“YOU CAN’T EAT BEAUTY, IT DOESN’T SUSTAIN YOU. WHAT IS FUNDAMENTALLY BEAUTIFUL IS COMPASSION, FOR YOURSELF AND THOSE AROUND YOU. THAT KIND OF BEAUTY ENFLAMES THE HEART AND ENCHANTS THE SOUL.”

**- LUPITA NYONG’O**







BEAUTY FOOD GROUP	What is 1 serve?
<p>DETOX ESSENTIALS</p> <p>Aim for 2 to 3 serves daily</p>	<p>2 tablespoons sauerkraut</p> <p>30 mls of kefir</p> <p>2 cups of cruciferous vegetables (including cabbage, cauli flower, broccoli, Brussels sprouts, kale)</p> <p>2 cups of bitter leafy greens (including purslane, spinach, rocket, radicchio, kale, dandelion leaf greens)</p> <p>Juice of half a lemon</p> <p>1 teaspoon of dried ginger or turmeric powder</p>
<p>FIBRE FIX FOODS</p> <p>Aim for 2 serves daily</p>	<p>1-2 tablespoons of chia seeds*</p> <p>1-2 tablespoons of flaxseed meal*</p> <p>1 green apple or pear</p> <p>* If you are not used to having fibre as part of your diet start with 1 teaspoon daily and build your way up.</p>
<p>ANTIOXIDANT-RICH FOODS</p> <p>Aim for 2 serves daily</p>	<p>1/2 -1 cup of berries or cherries</p> <p>2 teaspoons Acai, Macqui or Gubinge powder</p> <p>1 kiwifruit</p> <p>1/4 cup pomegranate seeds</p> <p>1/2 cup red capsicum</p> <p>1 cup sweet potato or pumpkin</p> <p>1 cup of green or white tea</p>
<p>COLLAGEN-BOOSTING FOODS</p> <p>Aim for 2 serves daily</p>	<p>1/2 cup of edamame beans</p> <p>1/2 cup legumes</p> <p>1-2 cloves garlic</p> <p>1 cup cooked broccoli, cabbage, carrots or cabbage</p> <p>1 cup quinoa, buckwheat or brown rice</p>
<p>ESSENTIAL FATTY ACIDS</p> <p>Aim for 2 serves daily</p>	<p>1 tablespoon of flaxseed oil</p> <p>1/2 avocado</p> <p>Handful of walnuts/almonds</p> <p>If not vegan: 1 palm size portion of oily fish*</p> <p>* Opt for cod, trout or wild caught salmon. Avoid tuna, sword fish and mercury, due to heavy metals.</p>

A still life composition featuring a silver spoon, fresh herbs, and edible flowers on a white surface. The spoon is positioned diagonally, reflecting the surrounding elements. To the left of the spoon's bowl are a bunch of green herbs with white flowers and a single orange flower. To the right, a white plate holds a salad of purple and green leafy vegetables, topped with an orange flower and a white flower. A small purple flower and a green herb sprig lie near the bottom of the spoon.

# RECIPES

These recipes are as delicious as they are nourishing, filled with an abundance of ingredients from the Five Beauty Food Groups. They are designed to have your liver smiling, energy soaring and skin glowing bright, whilst being easy to prepare and delicious to eat. We have ensured the recipes are low glycemic index to provide you with stable blood sugars throughout the day.

## WILD GREEN SMOOTHIE

When it comes to wild greens, there are so many to choose from to add to your green smoothie. My favourite would have to be purslane and its addition in the below smoothie recipe makes it one of the most super nutrient-charged detox smoothies you will ever find.

Note: If you don't have access to wild greens don't worry, you can substitute for baby spinach and parsley.

### Inside Out Beauty Benefits

- **Purslane** contains more omega 3 fatty acids than any other leafy vegetable plant. 100 grams of the leaves in the recipe below will give you about 400 mg of Alpha Linolenic acid, 90 mg of calcium and 561 mg of potassium.
- **Dandelion** leaves in this drink provide it with 112% of the daily requirement of vitamin A, one of our favourite anti-ageing minerals. Dandelion leaves are also the perfect detox green as they help to cleanse and heal the gall bladder.

**This smoothie provides you with 3 serves of Detox Essentials, 1 serve of Fibre Fix Foods and 2 serves of Essential Fatty Acids.**

*Makes 1 serve*

### Ingredients

Handful of purslane - 1 serve of Detox Essentials  
Handful of dandelion leaves - 1 serve of Detox Essentials  
1 cup water  
1 green apple, cored and diced - 1 serve of Fibre Fix Foods  
½ lemon, peeled and seeded - 1 serve of Detox Essentials  
¼ -½ avocado (add more if you like your smoothies creamy) - 1 serve of Essential Fatty Acids  
1 tablespoon flaxseed oil - 1 serve of Essential Fatty Acids

### Method

Place all the ingredients into your blender and blend for 30-45 seconds or until desired consistency is reached.





# CHIA GLOW PORRIDGE

Make a big batch of the dry ingredients and store in your pantry for a breakfast that's quick and easy to prepare. All you will need to do is add the wet ingredients the night before and leave to soak overnight, quasi-bircher muesli style! This is a supercharged breakfast with lots of fibre, protein, antioxidants, calcium and essential fatty acids.

## Inside Out Beauty Benefits

- **Chia seeds** are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon.
- **Buckwheat** is a wonderful source of nutrition including B vitamins, protein and fibre as well as rutin, an antioxidant that assists in reducing the signs of premature ageing.
- **Goji berries** are an abundant source of beta carotene which helps to promote healthy skin.
- **Seeds and nuts** are excellent sources of zinc, vitamin E and magnesium, which promote skin regeneration and healthy hormone production.

**This porridge provides you with 2 serves of Fibre Fix Foods, 1 serve of Antioxidant-Rich Foods, 1 serve of Collagen-Boosting Foods and 1 serve of Essential Fatty Acids.**

*Makes 4-6 serves*

## Dry Ingredients

- 1/2 cup chia seeds - 1 serve of Fibre Fix Foods
- 1 cup activated buckwheat - 1 serve of Collagen-Boosting Foods
- 1 cup shredded coconut (unsweetened and preferably organic)
- 1/2 cup goji berries
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup almonds and walnuts chopped roughly - 1 serve of Essential Fatty Acids

## Wet Ingredients

- 1/2 – 1 cup almond milk
- 2 tablespoons flaxseed meal - 1 serve of Fibre Fix Foods
- 1/2 cup cherries, strawberries, blueberries or raspberries (can be frozen) - 1 serve of Antioxidant-Rich Foods
- 1 apple or pear grated (optional) - 1 serve of Fibre Fix Foods

## Optional

- 1 tablespoon cacao nibs
- 1 teaspoon cinnamon

## Method

- Mix all dry ingredients and store in a glass jar until needed.
- The night before needed, mix ½ to one cup of the dry mix with 1/2 to 1 cup almond milk as well as flaxseed meal and berries and apple or pear (if using).
- Place jar in the refrigerator and leave overnight. Find your soaked and scrumptious porridge waiting for you the next morning!

## Anna's Tips

Sprinkle your porridge with cinnamon and add one teaspoon of cacao nibs for an additional antioxidant boost. This breakfast is so satiating and perfect if you are a constant grazer as it will keep you going until lunch time.



# SUPERFOOD BEAUTIFYING SALAD

This beautifying salad packs in so many minerals and nutrients for your skin and is so easy to prepare. The sprouts and greens are full of raw enzymes which provide you with the ability to break your food down easily, freeing up lots of energy for skin repair and detoxification.

## Inside Out Beauty Benefits

- **Chia seeds** are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon.
- **Avocado** is the perfect skin moisturiser due to its high levels of oleic acid which maintains moisture levels in the epidermal layer of your skin, helping to make it soft and hydrated. Oleic acid also helps to reduce facial redness and irritation.
- **Cucumber** is incredibly hydrating and provides super electrolytes that are essential for brighter, clearer skin and fighting puffiness and inflammation in the body.
- **Sprouts** are seedlings that are powerhouses of essential nutrients including vitamin C and zinc, which promote healthy skin and ageing.
- **Apple Cider Vinegar** promotes healthy digestion by stimulating your digestive juices enabling you to absorb all of the beauty nutrients in your food.

**This salad provides you with 2 serves of Detox Essentials, 1 serve of Antioxidant-Rich Foods, 2 serves of Essential Fatty Acids and 1 serve of Fibre Fix Foods.**

*Makes 1-2 serves*

## Ingredients

4 cups mixed green salad leaves, tightly packed - **1 serve of Detox Essentials**

2 cups sprouts such as broccoli, sunflower, snowpea or alfalfa

2 medium cucumbers, chopped

1 avocado, cubed - **1 serve of Essential Fatty Acids**

1 tablespoon chia seeds - **1 serve of Fibre Fix Foods**

¼ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup pomegranate seeds - **1 serve of Antioxidant-Rich Foods**

4 tablespoons chopped parsley to serve

Dressing

Juice of one lemon - **1 serve of Detox Essentials**

2 tablespoons raw apple cider vinegar

¼ cup cold pressed olive oil - **1 serve of Essential Fatty Acids**

1 teaspoon wholegrain mustard

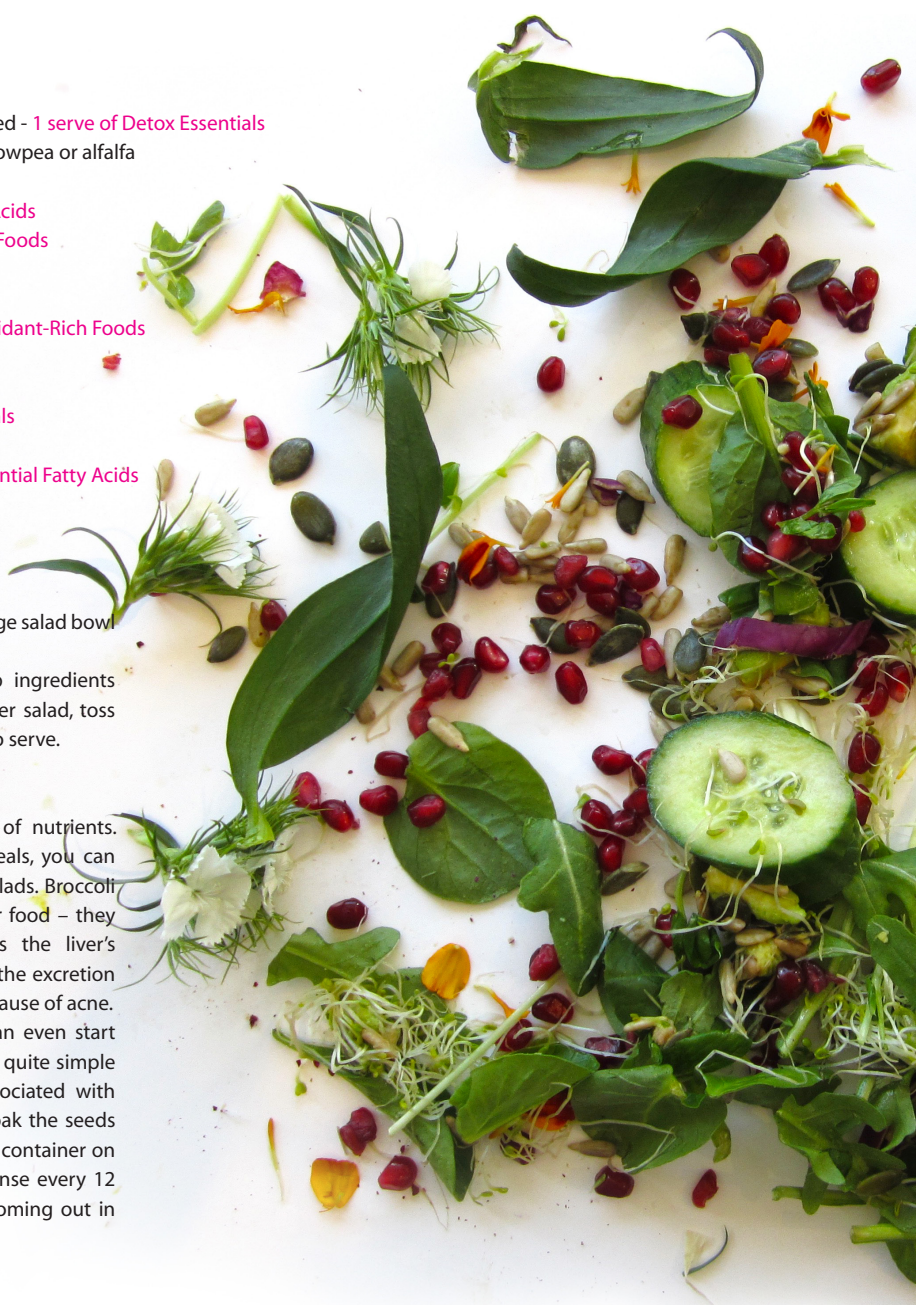
Himalayan pink salt and pepper, to taste

## Method

- Place all ingredients for the salad in a large salad bowl and toss until combined.
- In a medium screw-top jar, shake up ingredients for the dressing until smooth. Pour over salad, toss thoroughly and top with fresh parsley to serve.

## Anna's Tips

- Sprouts are a forgotten powerhouse of nutrients. They are so easy to toss into your meals, you can add them to your wraps, soups and salads. Broccoli sprouts in particular are a true wonder food – they contain sulforaphane which supports the liver's detoxification processes and improves the excretion of excess oestrogen which is often the cause of acne.
- If you have a bit of extra time, you can even start sprouting your own seeds. Sprouting is quite simple and there is such a great feeling associated with growing your salad ingredients. Just soak the seeds for about 12 hours, rinse and place in a container on a window sill, out of direct sunlight. Rinse every 12 hours. You'll start seeing the sprouts coming out in about three days.





## RED CABBAGE & KALE SENSATION

This is a hearty salad which is very easy to prepare and combines several liver-loving and skin-loving ingredients. The texture of the salad with the kale, carrot and walnuts makes it a delight to eat.

### Inside Out Beauty Benefits

- **Kale** is an extraordinary vegetable and among the most nutrient dense of all foods. It is an abundant source of calcium, lutein, iron, and Vitamins A, C, and K. Kale has seven times the beta-carotene of broccoli and ten times more lutein.
- **Red Cabbage** is rich in skin loving phytochemicals, fibre and beta carotene which gives it its red hue. Studies have shown that eating foods from the cruciferous family such as cabbage, and kale speeds the liver's ability to detoxify ingested toxins.
- **Walnuts** are one of the most beneficial nuts to eat for the skin as they have a high level of Omega 3s relative to Omega 6s. This means they provide more beauty benefits- strengthening the membranes of your skin cells, locking in moisture and nutrients that keep it plump and glowing.

**This salad provides you with 3 serves of Detox Essentials, 2 serves of Collagen-Boosting Foods and 2 serves of Essential Fatty Acids.**

*Makes 2 serves*

### Ingredients

- 1/4 medium red cabbage or 1/2 small red cabbage - **1 serve of Detox Essentials**
- 1 bunch kale, de-stemmed - **1 serve of Detox Essentials**
- 1 teaspoon Himalayan salt
- 1 carrot grated
- 1/4 of a cup of chopped walnuts - **1 serve of Essential Fatty Acids**

### Dressing

- 1 clove of fresh garlic - **1 serve of Collagen-Boosting Foods**
- 1/4 cup olive oil
- 2 tablespoons of flaxseed oil - **1 serve of Essential Fatty Acids**
- 2 teaspoons turmeric powder - **1 serve of Detox Essentials**
- 1/4 teaspoon freshly ground pepper
- 1 cup chickpeas, optional - **1 serve of Collagen-Boosting Foods**

### Method

- Finely chop red cabbage. Chiffonade the kale into very thin ribbons. Sprinkle cabbage and kale with salt and one tablespoon of olive oil. Massage well for a few minutes, to soften. The mixture should take on a "cooked", broken-down appearance. Add carrots and walnuts.
- To make dressing combine all ingredients in blender until creamy. Pour on to salad. Let sit for an hour, stirring once or twice. Add chickpeas at the end if desired. This will keep for two days and should be enough for two meals.

### Anna's Tips

- If you have difficulty finely chopping cabbage pop it into a blender very quickly!
- Destemming and massaging your kale with a bit of salt makes it more absorbable.
- To boost your nutrient uptake from your nuts, try to soak them in a jar of filtered water with a teaspoon of apple cider vinegar overnight. Discard the water in the morning, rinse the nuts and leave in a glass jar in your fridge.





## BEAUTY CHALLENGE SMOOTHIE

Having this smoothie a few times each week is guaranteed to “flush” and cleanse your system. Your skin will start to radiate and you will feel light and uplifted.

### Inside Out Beauty Benefits

- **Spinach** is a great source of vitamin K, magnesium, chlorophyll, iron and folate. It is also filled with fibre which is great for cleansing the colon.
- **Cucumber** is incredibly hydrating and provides super electrolytes which are essential for brighter clearer skin and fighting puffiness and inflammation in the body.
- **Chia seeds** are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon.
- **Parsley and mint** are wonderful for digestion, cleansing the kidneys and assisting digestion.
- **Turmeric** is one of my favourite spices as it is super charged with antioxidants, provides wonderful support to the liver and is anti-inflammatory.
- **Cinnamon** is also super rich in antioxidants and has a blood sugar lowering effect making it perfect for fighting insulin resistance.

**This smoothie provides you with 3 serves of Detox Essentials, 1 serve of Antioxidant-Rich Foods and 2 serves of Fibre Fix Foods.**

*Makes 2-3 serves*

### Ingredients

1 cup baby spinach - 1 serve of Detox Essentials  
1 cup torn romaine leaves - 1 serve of Detox Essentials  
½ cup chopped cucumber  
1 kiwi fruit, chopped - 1 serve of Antioxidant-Rich Foods  
1 pear  
1 cup water  
Handful fresh mint  
Handful fresh coriander  
Juice of half a lemon - 1 serve of Detox Essentials  
½ avocado  
½ tablespoon chia seeds - 1 serve of Fibre Fix Foods  
1 tablespoon flaxseed meal - 1 serve of Fibre Fix Foods  
1 teaspoon spirulina (if you can handle it!)  
½ teaspoon cayenne (optional)

### Method

Place ingredients in blender and blend until completely smooth. Sweeten with liquid stevia, if desired.

### Anna's Tips

- I always use almost ¼ cup of mint leaves. I absolutely LOVE the flavour it adds to this smoothie.
- You can use a green apple in place of the pear.
- Place excess in a glass jar, this smoothie will last for two days. Do not worry if it becomes a little thick, this is just a result of the mucilaginous properties of the chia and flaxseeds.



## EXOTIC COLLAGEN BOOST SALAD

This coriander lentil salad makes the perfect detox and collagen-boosting food recipe, without compromising on flavour. The recipe was provided to me by a dear client who shares my love for lentils! The salad is abundant in nutrients required for healthy liver detoxification. Best of all, this recipe is easy to make and keeps well in the fridge so if you double the recipe you can have leftovers for the next couple of days.

### Inside Out Beauty Benefits

- **Coriander** is an excellent heavy metal detoxifier and source of chlorophyll to promote cleansing.
- **Turmeric** is one of my favourite spices as it is super charged with antioxidants, provides wonderful support to the liver and is anti-inflammatory.
- **Lentils** are a wonderful source of iron which helps to promote healthy oxygen flow to the skin and hair. They are also abundant in protein to promote collagen production.
- **Garlic and Onion** are rich in sulphur which helps to support healthy collagen production and reduce inflammation. Garlic is also antimicrobial due to its high allicin content, so it will help to combat any internal microbes or fungus that may be playing havoc with your skin. Allicin is also effective in boosting circulation to the skin and hair, stimulating healthy skin regeneration and hair growth.



**This salad provides you with 2 serves of Detox Essentials, 2 serves of Collagen-Boosting Foods and 2 serves of Essential Fatty Acids.**

*Makes 2 serves*

### Ingredients

1 cup organic brown lentils (cooked) - 1 serve of Collagen-Boosting Foods  
2 spring onions, chopped finely  
1 clove garlic, chopped - 1 serve of Collagen-Boosting Foods  
1 deseeded green chilli, finely chopped  
1 small bunch coriander, chopped  
1 small bunch parsley, chopped  
2 teaspoons cumin  
1 teaspoon turmeric powder - 1 serve of Detox Essentials  
3 tablespoons flaxseed oil (or olive oil) - 1 serve of Essential Fatty Acids  
1 tablespoon red wine or apple cider vinegar  
3 cups leafy greens (baby spinach, rocket, cos lettuce - 1 serve of Detox Essentials  
1 avocado, diced (optional) - 1 serve of Essential Fatty Acids  
Juice of half a lemon

### Method

- Mix leafy greens with lentils (best still warm from boiling) in a large glass bowl. Add spring onions and garlic.
- Add vinegar, juice of half a lemon and olive oil along with spices (chilli, turmeric, cumin).
- Incorporate and enjoy!



# YOUNG AT HEART MILLET CASSEROLE

This casserole is a beauty all-rounder, providing you with almost all of your Beauty Food Groups in one meal. The other reason I absolutely love this casserole is that it is so easy to make. It is one of those "set and forget" meals that you can quickly prepare and then leave to bake without any further ado. The cashew cream cheese is a tasty addition to any of your beauty salads or casseroles.

## Inside Out Beauty Benefits

- **Millet** is a sweet and nutty grain which is highly alkaline and easily digested. It provides a great source of vegetarian protein as well as B vitamins, zinc and fibre which are all required for that golden glow.
- **Pumpkin** is abundant in carotenoids including alpha-carotene and beta-carotene which are the protective antioxidants responsible for giving pumpkins their bright orange hue. Carotenoids can also help to reverse skin damage and improve skin texture. Pumpkin is also a great source of vitamin C, which helps to promote collagen production, skin tone and elasticity.
- **Red capsicums** are abundant in vitamin C and phytochemicals which give them their pigment. They are also often overlooked as a source of sulfur which enhances the body's detoxification and hormone balancing processes.
- **Miso** is a traditional Japanese fermented food which is rich in linoleic acid and antioxidants which assist in keeping the skin soft and hydrated. It is also particularly abundant in B vitamins and isoflavones which promote healthy skin and anti-ageing. Miso promotes beneficial gut flora which helps you to absorb all of the beauty nutrients you are consuming.

**This casserole provides you with 2 serves of Detox Essentials, 2 serves of Essential Fatty Acids, 1 serve of Collagen-Boosting Foods and 2 serves of Antioxidant-Rich Foods.**

*Makes 3-4 serves*

## Ingredients

- 1 cup hulled millet - 1 serve of Collagen-Boosting Foods
- 1-2 cups diced pumpkin - 1 serve of Antioxidant-Rich Foods
- ½ cup diced red capsicum - 1 serve of Antioxidant-Rich Foods
- ½ cup sundried tomatoes
- 1 cup cherry tomatoes, halved
- ½ cup slivered almonds - 1 serve of Essential Fatty Acids
- ½ cup chopped parsley
- 1 tablespoon chopped rosemary
- 1 teaspoon sumac
- 1-2 cloves garlic crushed
- 1 teaspoon Himalayan Salt
- 1 tablespoon lemon juice
- 2 tablespoons flaxseed oil - 1 serve of Essential Fatty Acids
- 2 cups baby spinach to serve - 2 serves of Detox Essentials

## Cashew Cheese Sauce

- ¼ cup rice miso
- 1 cup cashews soaked for 3 to 4 hours or overnight
- 1 tablespoon mirin
- ½ cup water
- 1 tablespoon lemon juice

## Method

- In a dry pan toast the hulled millet until fragrant and golden brown. Add the slivered almonds and sumac whilst the millet is being toasted.
- Transfer to a casserole dish and scatter over the pumpkin, capsicum, sundried tomatoes, rosemary and add the water and salt.
- Cover and bake for one hour at 180°C or until golden on top and the millet is tender.
- Sprinkle over the parsley, cherry tomatoes and drizzle with cashew cream cheese, flaxseed oil and lemon juice.
- To make cashew cream, blend soaked cashews with miso paste along with lemon juice and water until smooth. Add more water if you would like the cheese to be more runny.

## Anna's Tips

The cashew cheese in this recipe is a wonderful dipping sauce for crudité's or flaxseed crackers. It really does make you feel that you are not missing out on much when you have removed most of the processed and packaged dips and cheeses which are often not compatible with your skin!





## SPICY QUINOA CAKES WITH SPINACH AND SESAME



These quinoa cakes are delicious and make a great lunch box filler. The spices in the patties create a taste sensation but also raise the nutrition benefits of the patties significantly.

### Inside Out Beauty Benefits

- **Quinoa** is a high protein grain alternative, with more than double the protein found in most grains. It has a complete amino acid profile which means it provides you with all of the collagen building blocks your body needs. Studies have also shown that quinoa is a great source of phenols, which destroy free radicals and may be able to slow down the ageing process!
- **Baby spinach** is a not often given enough credit for its rich vitamin A content. One cup of spinach contains 943 micrograms of this nutrient, more than the recommended daily value for adults. Vitamin A repairs your skin, maintains its elasticity and keeps it looking youthful and supple. Spinach is also a great source of vitamin C required to synthesise collagen.
- **Turmeric** is arguably one of the most powerful herbs on the planet. It reduces inflammation in the body which is a cause of accelerated ageing. It is also a wonderful gut healing herb which can help you to more effectively absorb your beauty nutrients.

**These quinoa cakes provide you with 2 serves of Detox Essentials, 1 serve of Collagen-Boosting Foods and 1 serve of Essential Fatty Acids.**

*Makes 8 patties*

### Ingredients

1 cup white quinoa - **1 serve of Collagen-Boosting Foods**  
 2 cups water  
 3 teaspoons olive oil  
 1 teaspoon Himalayan salt  
 1 spring onion, finely sliced  
 6 cups baby spinach - **1 serve of Detox Essentials**  
 2 carrots, peeled and shredded  
 2 garlic cloves, minced - **1/2 serve of Detox Essentials**  
 1 teaspoon mild Korma curry powder  
 1 tablespoon Garam Masala

1 tablespoon cumin powder  
 1 teaspoon turmeric - **1/2 serve of Detox Essentials**  
 ¼ cup coconut yoghurt  
 2 tablespoon flaxseed meal mixed with 1 tablespoon almond milk  
 ¼ cup gluten free flour (e.g. almond, millet, rice flour)  
 ¼ cup parsley or coriander  
 1 to 2 tablespoons of flaxseed oil  
 ½ cup black or white sesame seeds dry roasted (I used a mix of both)  
 Coconut yoghurt or Cashew Cheese Sauce (see recipe above)

### Method

- Preheat oven to 200°C. Place sesame seeds on a baking tray lined with parchment paper and gently roast for about 15 minutes. Transfer to a bowl.
- Combine quinoa, water, and 1 teaspoon of Himalayan salt in a saucepan and bring to a simmer over medium heat. Reduce heat to low, cover, and simmer until grains are tender and liquid is absorbed, 15 to 20 minutes. Let the quinoa sit, covered, for 10 minutes and then transfer to a large bowl.
- Heat 1 tablespoon of olive oil in a frying pan over medium heat until simmering. Add spring onion and cook until softened, about 3 minutes. Stir in baby spinach, shredded carrots and cook until spinach is wilted. Stir in garlic, curry powder, cumin, garam masala, and cook until fragrant, about 30 seconds. Transfer to bowl with quinoa.
- Stir yoghurt, flaxseed meal, coriander, almond flour into quinoa mixture and mix until well combined.
- Form 8 patties and cover in sesame seeds which you have prepared earlier. Place on a tray lined with baking paper. Refrigerate cakes until chilled and firm, about 30 minutes.
- Bake patties in the oven at 200°C until they are golden, about 25 to 30 minutes. Flip once after about 15 minutes. Drizzle with flaxseed oil and serve with a dollop of coconut yoghurt or cashew cheese. Alternatively you can pan fry the patties in a tablespoon of coconut oil until golden.

# BERRY BEAUTIFUL BOWL

By Julie Mitsios, Earth to Table

This beauty smoothie bowl is itself beautiful inside and out and provides such a wonderful way of incorporating antioxidant-rich low glycaemic index fruits into your diet. These bowls are also very popular with children – your little ones may also want to participate in the beauty challenge with you!

## Inside Out Beauty Benefits

- **Blueberries** are a well-known antioxidant rich food with arguably more antioxidants than green tea. Consuming blueberries on a regular basis can give you youthful looking skin and brighten up a dull or sun-damaged complexion. They are also low glycaemic index so won't play havoc with your blood sugar levels.
- **Macqui Berries** are an overlooked superfood gem. They contain 10 times more polyphenols than red wine and 100 times more anthocyanins than red wine which not only assist in revving up your metabolism but also work to neutralise free radicals to promote youthful glowing skin.
- **Chia seeds** are truly a super food – they swell to 10 to 12 times their weight so make you feel full but also work to flush the colon.
- **Avocado** is the perfect skin moisturiser due to its high levels of oleic acid which maintains moisture levels in the epidermal layer of your skin, helping to make it soft and hydrated. Oleic acid also helps to reduce facial redness and irritation."
- **Papaya** is a wonderful anti-inflammatory skin food, providing fibre, antioxidants, Vitamin A and papain enzymes which aid digestion.
- **Cinnamon** is a very special spice with a high antioxidant content which arises from its unique essential oil compounds. It not only tastes delicious but is wonderful for balancing blood sugar levels.

**This beauty bowl provides you with all of your Antioxidant-Rich Foods for the day in one bowl!**

*Makes 3-4 serves*

## Ingredients

Smoothie Bowl Base

1 cup blueberries (frozen) - 1 serve of Antioxidant-Rich Foods

1 cup papaya (frozen)

1/2 avocado - 1/2 serve of Essential Fatty Acids

1 teaspoon macqui berry- 1 serve of Antioxidant-Rich Foods

1 teaspoon cinnamon

6 leaves mint

## Topping

½ cup Earth to Table "gawnola" or activated buckwheat

1 tablespoon of chia seeds - ½ serve of Fibre Fix Foods

Seasonal fruit e.g. kiwi fruit - 1 serve of Antioxidant-Rich Foods

## Method

- Place all the smoothie bowl ingredients in a blender and blend till creamy adding some coconut water if necessary to facilitate the blending.
- Place in a beautiful bowl and decorate with the topping ingredients as your creative heart desires.





# AGELESS GREEN GODDESS BALLS

By Julie Mitsios, Earth to Table

These treats are balls of goodness. What we truly love about them is that they are naturally sweetened with goji berries and stevia so there is no need to feel guilty about having one or two of these daily to keep you going during the challenge.

## Inside Out Beauty Benefits

- **Hemp Seeds** are the "perfect protein" not only containing all 20 amino acids, but also each of the nine essential amino acids that our bodies cannot produce. They are rich in soluble and un-soluble fibre which naturally cleanses the colon and reduces sugar cravings. Hemp seeds also have the perfect Omega 6 to Omega 3 ratio making them wonderful for soothing inflammatory skin conditions.
- **Goji berries** are an abundant source of beta carotene which helps to promote healthy skin.
- **Cinnamon** is super rich in antioxidants and has a blood sugar lowering effect making it perfect for fighting insulin resistance.

**These balls provide an abundance of joy, Antioxidant-Rich Foods and Fibre Fix Foods. Enjoy without any guilt.**

*Makes 8 balls*

## Ingredients

1/2 cup sunflower seeds (activated if possible)  
1/2 cup hemp seeds  
1/2 cup raw carob powder  
1/4 cup goji berries  
3 tablespoons spirulina  
3 tablespoons tahini  
1 tablespoon cinnamon  
1/4 tsp stevia powder

## Coating

1/2 cup goji  
1/4 cup desiccated coconut

## Method

- Place everything in a food processor and blend till well incorporated and the mixture comes together to form nice, round balls.
- Place mix in a bowl and form into balls.
- Blitz the goji berries and coconut in a small spice grinder.
- Coat the balls with the coating and refrigerate for 30 min until firm.

