

Power smoothie

I made this for myself when Ethan was 6 days old and I was struggling to breast feed him. He was starving as my milk still had not come through properly. My midwife ordered me to bed for 48 hours with a tray of food and suggested I try skin-to-skin feeding (I would really recommend this, even if you are not having problems with breast feeding). Within 12 hours my milk supply increased enough to encourage Ethan's first normal bowel movement, and he put on weight within 24 hours. I didn't really feel like eating much and I knew I would be getting a real boost with this smoothie as well as it being refreshing and delicious.

Total prep time

5 minutes

Quantity

2 medium glasses

Tools

Stick blender

4 tbsp frozen blueberries
5 frozen strawberries or 10
frozen raspberries
4 large tbsp low fat greek yoghurt
200ml semi skimmed milk
3 tbsp porridge oats
1 small/½ large banana, chunks
1 heaped tsp honey

*Place all in blender
pot (fruit first)
and use stick blender
to liquidise.*

Storage: Keep covered in fridge for no more than 24 hours.

Blueberries are a great antioxidant and will help boost your immune system. They are also a rich source of vitamin and minerals. The oats add wholegrain to your diet and the milk and yoghurt give you the extra calcium you need. The beauty of this is that you can keep all the fruit in the freezer for when you need it, so there is no risk of rotten fruit. Frozen raspberries are cheaper than fresh, or buy berries when they are reduced and freeze them.

Wheat free. Substitute the milk and yoghurt with soya products for a dairy free version or 'lacto-free' products for a lactose free version.