



Light and bright

SMOOTHIE REFRESH
CREATING HEALTHY HABITS THE BESTOW WAY
Recipes | RDI's | Prep Guide | Tips | Benefits



BESTOW BEAUTY PLUS OIL

YOUR NOURISHING ANTI-AGEING OIL

CREATES A
HEALTHY GLOW

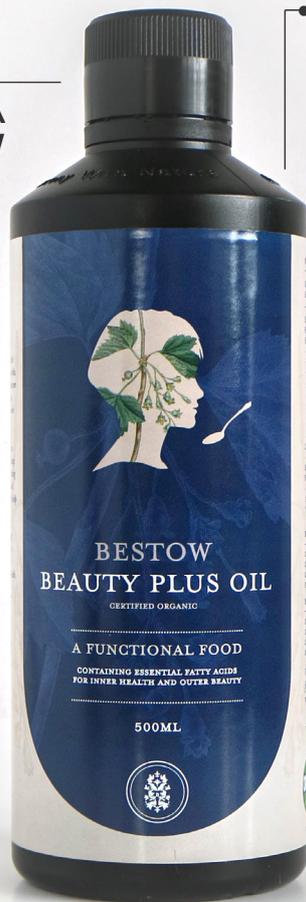
BUILDS SKIN'S
RESILIENCE

SUPPORTS
HEALTHY
HORMONE
PRODUCTION

HELPS TO
SMOOTH SKIN

SUPPORTS
OVERALL
HEALTH

REDUCES
REDNESS
(Inflammation)



Prep

BESTOW SMOOTHIE REFRESH PREP

We have created the Bestow Light & Bright Smoothie Refresh to help you successfully intergrate Bestow Beauty Plus Oil as part of your daily routine and to help you reach the Recommended Daily Intake (RDI) of key nutrients required for skin health and general wellbeing.

In this Summer refresh you will find 5 recipes that will inspire you with delicious smoothies that you can prep ahead and have on-hand at any time.

Bestow smoothies are the perfect way to sustain your energy and get your daily dose of Bestow, which offers your body an incredible feast of skin-nourishing nutrients.

You can, of course, add other Bestow products to your smoothies if you wish, such as Bestow Gut Love + or Bestow Beauty Powder to superboost your smoothies.





LOVE YOUR BESTOW SMOOTHIES?
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Prep. 2

BESTOW SMOOTHIE REFRESH PREP



We recommend that you prep all your smoothie packs for the week before you start and place in the freezer. To do this add all the ingredients except for the liquids (eg. plant based milk, coconut water, Bestow Beauty Plus Oil) to snap lock bags and freeze.

Then each day take out your smoothie pack, place the contents into your blender and add the liquids.

RDI INFORMATION

RDI's are an indication of the minimum intake of any particular nutrient you need to avoid a deficiency disease.

The RDI is not a measure of the optimum amount needed but the barest minimum so it is really important you reach these levels.

Unfortunately our modern diet makes this hard because of the way our produce is grown, the time it is stored and the distance it travels.

Your Bestow Smoothie helps you meet your RDI's. Check out the RDI's each smoothie can provide below each recipe.



Green Powerhouse



Tip!

This smoothie is a nutritional powerhouse for skin and not only that, it actually tastes delicious! The avocado and dairy free yoghurt give it a creamy texture and the date and banana just enough sweetness. It is full of vitamins and minerals that the skin needs to be healthy and glowing. Of course all of our smoothies are healthy but drink this one if you want to feel like a glowing green goddess!

Recipe

BESTOW GREEN POWERHOUSE SMOOTHIE

INGREDIENTS

1 banana, fresh or frozen
250 ml of coconut water or water
Half a stick of celery
1 cup of baby spinach leaves
½ an avocado
¼ a telegraph cucumber, cut into chunks
3 sprigs of mint
Juice of half a lemon or lime
1 medjool date
1 tablespoon of Bestow Beauty Plus Oil
1 tablespoon of cacao nibs
1 tablespoon of dairy free yoghurt

METHOD

Add all ingredients to your blender, blend well and enjoy the choc/mint flavour.

TOPPING BOOST

Cacao nibs
Coconut thread
Bee Pollen

RDI INFORMATION

57% Fibre
100% Omega 3
75% Omega 6
84% Vitamin E
62% B6
65% Vitamin C
52% Potassium



Raspberry Zinger



Tip!

Beetroot in a smoothie? Trust us, this one is worth it. Beetroot is a great source of fibre, vitamin B and vitamin C which are all important nutrients for skin. It also gives your smoothie a vibrant pink colour. This smoothie is perfect for those days when you want to channel your inner beauty and feminine energy.

Recipe

BESTOW RASPBERRY ZINGER SMOOTHIE

INGREDIENTS

1 banana
150 ml of coconut water
100 ml of organic coconut milk or other plant based milk
1 cup of frozen raspberries and extra to serve
¼ a beetroot, grated
1 teaspoon of vanilla extract
1 medjool date
1 teaspoon of cardamom
1 tablespoon of Bestow Beauty Plus Oil

METHOD

Add all ingredients to your blender, blend well and enjoy.

TOPPING BOOST

Chia Seeds
Coconut thread
Whole Berries

RDI INFORMATION

95% Fibre
103% Omega 3
69% Omega 6
54% Vitamin B6
175% Vitamin C
95% Vitamin E
59% Manganese



Mango Tango



Tip!

Take me back to the tropics! Pina Colada's are good but this smoothie takes it to the next level with added flavour from the mango, lemon and extra spices. Your skin will love you for this tasty blend of vitamins and minerals. Sipping away on this in the morning is going to give you that holiday feeling so drink this one if you are looking for a bit of fun in your day!

Recipe

BESTOW MANGO TANGO SMOOTHIE

INGREDIENTS

1 banana
150 ml of coconut water
100 ml of organic coconut milk or other plant based milk
1 cup of frozen or fresh mango
Half a ring of fresh pineapple (about 1cm thick) cut into chunks and extra to serve
1 teaspoon of vanilla extract
1 medjool date
Juice of half a lemon
1 teaspoon of cardamom
½ a teaspoon of ground ginger or 1 cm of fresh ginger, peeled
½ a teaspoon of cinnamon
½ a teaspoon of turmeric
1 tablespoon of Bestow Beauty Plus Oil

METHOD

Add all ingredients to your blender, blend well and enjoy.

TOPPING BOOST

Cacao Nibs
Coconut thread
Turmeric
Cinnamon
Fresh Pineapple Chunks

RDI INFORMATION

49% Fibre
99% Omega 3
62% Omega 6
67% Vitamin B6
121% Vitamin A
264% Vitamin C
95% Vitamin E





Tip!

We have combined two of our favourite things, chocolate and chai, and made them into a smoothie. Just like a chocolate milkshake only spicy! Although chocolate usually causes redness and breakouts in the skin, this smoothie has the decadence of chocolate without impacting negatively on your skin health. When you are craving something sweet, this is the perfect smoothie to satisfy that desire!!

Recipe

BESTOW CHAI CACAO SMOOTHIE

INGREDIENTS

1 banana (fresh or frozen)
250 ml of organic almond milk or other plant based milk
1-2 tablespoons of cacao powder
2 teaspoons of almond butter (optional)
1 teaspoon of vanilla extract
1 medjool date
1 tablespoon of cacao nibs
1-2 teaspoons of Bestow chai mix (see below)
1 tablespoon of Bestow Beauty Plus Oil

METHOD

Add all ingredients to your blender, blend well and enjoy the choc/spice flavour.

CHAI SPICE MIX

3 tablespoons of ground cinnamon
1 tablespoon of ground cardamom
1 tablespoon of ground ginger
1 teaspoon of ground allspice
1 teaspoon of ground cloves
1 teaspoon of ground nutmeg

Mix all together. Makes approx 1/3 of a cup.
Store in a sealed jar for further use.

TOPPING BOOST

Cacao Nibs
Fresh or frozen Raspberries

RDI INFORMATION

52% Fibre
97% Omega 3
86% Omega 6
196% Vitamin E
55% Calcium
63% Copper
55% Magnesium





Blue Boost

Tip!

Sometimes we want the best of both worlds, quick and easy as well as tasty and nutritious - at Bestow Beauty we believe you can! This smoothie is the perfect example, with its simple ingredients list it takes not time at all to blend it all up. The taste is refreshing and you are giving your skin a huge boost in terms of the nutrients it needs to be glowing and healthy. For those days when you are time poor or just feel that your skin needs an extra boost, be sure to choose this smoothie to get you going in the morning.

Recipe

BESTOW BLUE BOOST SMOOTHIE

INGREDIENTS

1 banana (fresh or frozen)
1 cup of blueberries (fresh or frozen)
½ cup of coconut water
A one cm chunk of fresh ginger, peeled and roughly chopped
2 tablespoons of fresh lemon juice
1 teaspoon of chia seeds
½ a teaspoon of cinnamon (optional)
1 tablespoon of Bestow Beauty Plus Oil

METHOD

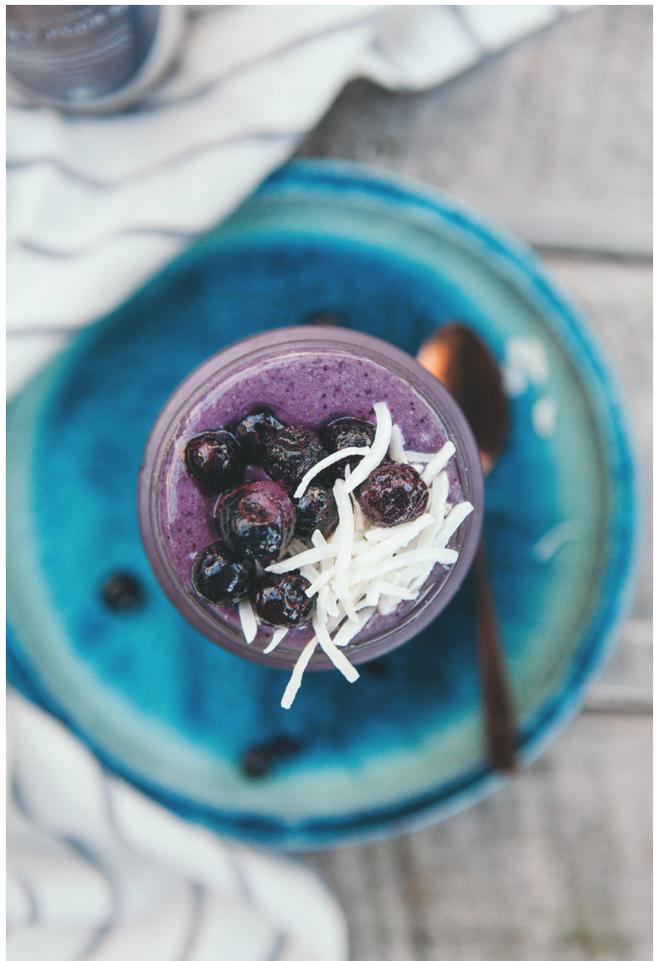
Add all ingredients to your blender, blend well and enjoy.

TOPPING BOOST

Coconut thread
Fresh or frozen Blueberries

RDI INFORMATION

50% Fibre
114% Omega 3
68% Omega 6
52% Vitamin B6
65% Vitamin C
81 % Vitamin E
104% Vitamin K



EFA MYTHS

Busted!

MYTH	TRUTH
“Taking oil makes my skin oilier”	Good quality oils, such as Bestow Beauty Plus Oil enhances your skins natural oil quality, not quantity.
“Fish oil is the best oil for skin health”	Fish oil does not provide any of the fatty acids skin requires for health.
“A capsule or two will give me everything I need”	You would need to take 14 capsules to get the same amount of EFAs that one tablespoon of Bestow Beauty Plus Oil will give you.
“My body can digest all of the goodness out of a capsule”	Our body can digest oils twice as efficiently if it is pre-mixed into food.
“Taking oil will make me put on weight”	EFAs boost our metabolism and help keep us slim.

HOW TO TAKE YOUR BESTOW BEAUTY PLUS OIL

FIRST 7 DAYS:

START WITH ONE LEVEL **TEASPOON** A DAY WITH FOOD.

7 DAYS+:

UP YOUR DAILY INTAKE TO ONE LEVEL **TABLESPOON** WITH FOOD.

Just one tablespoon a day (or one teaspoon for children) of Bestow Beauty Plus Oil is all you need.

Bestow Beauty Plus Oil is consumed raw and mixed with food for easy absorption.

Bestow Beauty Plus Oil can be added to yoghurt, smoothies, cereals, or mixed with mashed or stir-fried vegetables, porridge or soup (once it is cool enough to eat).

Bestow Beauty Plus Oil can also be used with other oils in salad dressings, mayonnaises or pesto sauces.

For best results, please store Bestow Beauty Plus Oil in the fridge and do not use for cooking or add to piping hot food.





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