



Look and feel amazing with an easy and nutritious Beauty Smoothie! This recipe supports healthy hair, skin, and nail growth. It contains mineral-rich greens, vitamin-packed berries and detoxifying lemon, which are nutritious and yield results.

This recipe is courtesy of Linda Illingworth, Registered Dietician and Functional Nutritionist. She explains:

Anti-oxidants in greens and berries reduce inflammation in the skin, and Omega 3 rich flax or walnuts can help hair, skin and nails retain moisture. Vitamin C in berries and lemon reduces reactive oxygen species that contribute to aging. There is no added sugar to cause inflammation. Plus, collagen can help repair tissues and is well tolerated by most people.

We'll drink to that!

Ingredients:

1 cup plant-based milk or coconut water

1 scoop collagen protein or 4 Sigmatic plant-based protein*

1 small handful of greens like spinach

1 Tbsp. ground flaxseeds or 2 T. walnuts

1 cup of frozen berries (i.e. blackberries, blueberries or raspberries, or a combo)

Wedge of lemon with skin on (use organic)

Optional: 1 pitted date or a pinch of stevia for added sweetness

Directions:

Blend all ingredients and serve immediately. Enjoy!

**While plant protein is generally less inflammatory than animal protein, some may prefer a collagen protein sourced from pastured animals or marine collagen.*

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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About Linda Illingworth:

Linda is the founder of Nutrition Muse and current Director of Nutrition at Lifewellness Institute in Point Loma, CA, where she is responsible for patient clinical care and corporate wellness education for local and international corporations. Using the premise that ‘every molecule in your body is sourced from food’, she focuses on food as the foundation for health and supports her clients through lifestyle changes to make the most impact on health. Much of her career has been spent in wellness, working at world-renowned spas Rancho La Puerta in Tecate, Mexico, Rancho Valencia Resort and Spa in Rancho Santa Fe, California, Cal-a-Vie Health Spa, and guest lecturer at Premier Fitness Camp at La Costa Resort.

Linda received a B.S. from California State University Long Beach and completed a one-year dietetic internship at St. Luke’s Hospital in Milwaukee, WI, recognized for its innovation in cardiac care.

Linda meets with Ranch guests who participate in the life-changing Perfect Balance Sabbatical. [Learn more about this 21-day program.](#)

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