

# BEYOND BOTOX

7 STRATEGIES FOR SEXY, AGELESS SKIN  
WITHOUT NEEDLES OR SURGERY

## Super Berry Smoothie

Start each morning with a Super Berry Smoothie. Not only is the smoothie high in the essential nutrients proven to protect and heal skin, it will give you an eye-opening burst of protein, complex carbohydrates, the “right” fats, and photoes-trogens, along with other key nutrients.

**½ cup calcium-fortified soy milk**

**½ cup nonfat yogurt**

**1 cup fresh or frozen super berries** (use any combination of blackberries, black raspberries, acai, wild blueberries, blueberries, strawberries, and cherries without pits)

**½ cup chopped or crushed pineapple** (in natural juice, drained)

**½ banana**

**1 tablespoon flax oil**

**2 ice cubes**

Put all ingredients in a blender or food processor and process until smooth. The smoothie recipe makes two medium snack servings or one large mealtime serving.