

Smoothie from America

Dunaliella salina

INGREDIENTS:

- 2 bananas
- 450 ml cashew milk
- 100 g raspberries
- 75 g strawberries
- Assorted toppings:
fresh berries, mint sprigs
- 2 tsps Dunaliella
salina powder
- Coconut cream to
serve

Prep time : 5 minutes

Total time : 42 minutes

Servings : 2 glasses

This is a lovely recipe adapted from one that was shared with us from America.

The great thing is that Dunaliella powder tastes flowery – not salty at all!

INSTRUCTIONS:

1. Blitz the banana, the raspberries and strawberries together in a blender.
2. Add the cashew milk and the 2 tsps of Dunaliella salina until the mixture is smooth.
3. Pour the mixture into glasses, Spoon the coconut cream layer on top.
4. Decorate with some raspberries, strawberries and mint sprigs.
5. Drink immediately.

NOTES:

In Europe Dunaliella salina powder is not yet available for use as a food, so please check the origin of your Dunaliella powder for food safety before use.



Dunaliella salina

 Microalgae

 2 flagella

Unicellular organism



Color:
Green to orange.

Habitat:
Found in salt marshes, this microalgae likes warm waters with high levels of salinity.

Nutritional benefits:

Rich in vitamins, minerals and fatty acids (polyunsaturated, omega 3 and omega 6). Major source of carotenoids especially beta-carotenes and lutein.

Health benefits:

Prepares your skin and eyes before sun exposure. It is an anti-oxidant and slows down natural skin aging. Protects against various diseases including obesity, cardiovascular disorders and eye problems. Seems to protect against COVID.

How to eat it:

Available in capsules or powder. Before the summer, it is recommended to make a cure of several months with a daily intake.

