

## **Elixir of Inner Flow**

*A potion brewed for digestive harmony and enchanted lightness*

### **Ingredients (Serves 2) (350cal per serving)**

- 1½ cups whole milk
- ½ cup whole-milk Greek-style yogurt
- ¼ cup chia seeds
- 4 pitted dried dates
- 1½ cups frozen raspberries
- 1 cup frozen peach slices
- ⅛ teaspoon salt

This elixir restores balance to your inner systems, supporting digestion and keeping things moving with gentle power.

The chia seeds, raspberries, and dates are high in natural dietary fiber, helping your body cleanse itself and maintain a sense of internal lightness and flow.

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## **Elixir of Keen Sight**

*A dark brew to sharpen the gaze and ward off the shadows of blurred vision*

### **Ingredients (372 Cal)**

- ½ to 1 cup frozen spinach
- ½ cup frozen kale
- A handful of fresh or frozen blueberries
- ½ cup pitted frozen cherries
- ¼ cup walnuts (or substitute with chia seeds)

**The Elixir of Keen Sight** helps keep your eyes sharp and healthy.

Spinach and kale have nutrients that protect your eyes.

Blueberries and cherries help with blood flow and reduce eye strain.

Walnuts or chia seeds add healthy fats that support long-term vision.

## **Building Strong and Vibrant New York Communities**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

## **Elixir of Radiant Veil**

*A potion to restore your skin's natural glow and inner hydration*

### **Ingredients (Makes 2 servings) (270 Cal per Serving)**

- ½ cup coconut water (use more if needed)
- 2 frozen bananas (peeled and sliced before freezing)
- 1 cup chopped pineapple (fresh or frozen)
- 1 cup chopped mango (fresh or frozen)
- 2 cups spinach or kale
- ½ avocado, sliced

The Elixir of Radiant Veil helps restore your skin's natural glow and supports hydration from within. Avocado provides healthy fats that hydrate and soften the skin. Mango contains carotenoids, which help enhance a warm, healthy skin tone. Pineapple is rich in Vitamin C, which supports collagen production to keep the skin firm and radiant. Coconut water helps maintain skin hydration and electrolyte balance.