

FERTILITY SMOOTHIES

TAKE THE WEEKLY CHALLENGE WITH A DIFFERENT RECIPE EVERY DAY

Eating for fertility is a good way to boost your chances of conceiving, as well as getting your body baby-ready. And beginning each day with a homemade smoothie, packed full of fertility vitamins, minerals, and other key nutrients, will get your preconception diet off to a great start. Try a new fertility smoothie recipe each morning!

Monday

Ingredients

- 150g pineapple
- 125g low-fat yogurt
- 1 stick celery
- 40g spinach
- 1 tbsp flaxseeds
- ½ green apple, cored, and chopped

Fertility superfood

Flaxseeds 



How to make it

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits

- ✓ **Folic acid**—linked with lower risk of ovulatory infertility, miscarriage, and a shorter time to conceiving
- ✓ **Iron**
- ✓ **Omega-3**
- ✓ **Vitamins A, B2, B6 & C**
- ✓ **Zinc**

Tuesday

Ingredients

- 1 carrot, about 125g, peeled and chopped
- 100g mango, chopped
- 1 banana, chopped
- 1 orange
- 2–3 cm knob ginger, chopped
- 30g wholegrain bran flakes
- 100g low-fat yogurt

Fertility superfood

Mango 



How to make it

Depending on your blender, you may need to steam the carrot pieces until tender (8–10 minutes). Leave to cool.

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits


- ✓ **Calcium**
- ✓ **Folic acid**
- ✓ **Iodine**
- ✓ **Iron**
- ✓ **Vitamins B6 and B12**—B6 is vital for the development of your future baby's brain and nervous system
- ✓ **Vitamin D**

Wednesday

Ingredients

- 30g walnuts, chopped
- 1 banana, peeled, and chopped
- 30g soft, stoned dates, chopped
- 30g Milo malt drink
- 200ml low-fat milk
- ½ courgette, peeled, and chopped
- 1 tsp maca powder

Fertility superfood

Walnuts 



How to make it

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits

- ✓ **Folic acid**
- ✓ **Iron**
- ✓ **Omega-3**
- ✓ **Vitamins B6, B12, & C**
- ✓ **Vitamin D**—may help women boost their chances of getting pregnant

Thursday

Ingredients

- 100g strawberries
- 100g raspberries
- ½ small, ready cooked beet, chopped
- 30g wholegrain bran flakes
- 2–3 cm knob ginger, chopped
- 1 tbsp flaxseeds
- Juice of ½ lemon

Fertility superfood

Beet 



How to make it

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits

- ✓ **Calcium**
- ✓ **Folic acid**
- ✓ **Iodine**
- ✓ **Iron**—important for menstruation, supporting ovulation and egg development
- ✓ **Omega-3**
- ✓ **Vitamins B6, B12 & D**
- ✓ **Zinc**

Friday

Ingredients

- 40g spinach
- 50g frozen edamame beans
- ½ avocado, peeled, and chopped
- 1 banana, chopped
- Juice of 1 lemon
- 200ml soy milk
- ½ green apple, cored, and chopped

Fertility superfood

Avocado 



How to make it

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits

- ✓ **Folic acid**—essential for helping prevent birth defects in a developing baby
- ✓ **Omega-3**
- ✓ **Vitamins A, B2, B6, C & D**

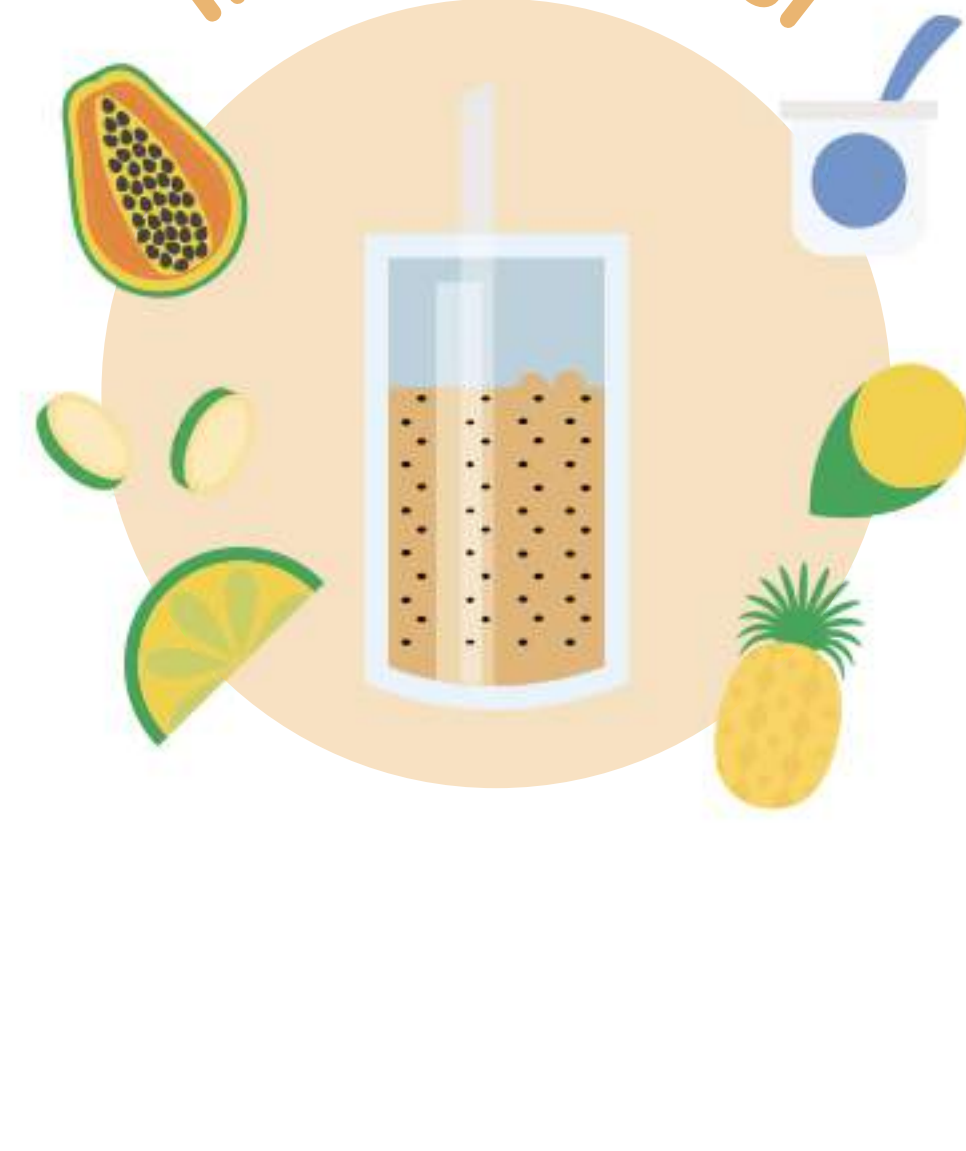
Saturday

Ingredients

- ½ papaya, peeled, seeds removed, and chopped
- 200g pineapple, chopped
- 100g mango, chopped
- ½ courgette, peeled, and chopped
- 100g coconut-flavored yogurt
- Juice of 1 lime
- 1 tbsp chia seeds

Fertility superfood

Chia seeds 



How to make it

Put all the ingredients except the chia seeds in a blender and blend until smooth. Stir in the chia seeds to serve.

Add water for desired consistency.

Fertility benefits

- ✓ **Calcium**
- ✓ **Folic acid**
- ✓ **Iodine**
- ✓ **Omega-3**—research shows a link between diets rich in omega-3 and higher fertility

Sunday

Ingredients

- 1 banana, chopped
- 50g spinach
- 150g blackberries
- 30g wholegrain bran flakes
- 1 tbsp chia seeds
- 100g low-fat yogurt
- 100ml soy milk
- 100g blueberries

Fertility superfood

Blackberries 



How to make it

Put all the ingredients in a blender and blend until smooth.

Add water for desired consistency.

Fertility benefits

- ✓ **Calcium**
- ✓ **Folic acid**
- ✓ **Iodine**—necessary for the normal function of your thyroid gland, which produces hormones
- ✓ **Iron**
- ✓ **Omega-3**
- ✓ **Vitamins A, B2, B6, B12, C & D**

Up for the **#fertilitysmoothie** challenge? Post pictures of your creations and share recipe ideas with the **#Nestlebaby** community!