



THE
GOOD
SKIN
SOLUTION

Kefir Lassi and Smoothie Recipes

by
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When working to resolve a skin condition like eczema, psoriasis, rosacea or acne, you must heal the gut, to heal the skin. And for that, you need to drink goats milk kefir every day for at least nine weeks.

Kefir is the tart, fizzy linchpin of the Good Skin Solution. It's not a milkshake, but a powerful medical food. Like any good medicine, the taste can be a challenge! But the potential results are so amazing that it's worth persisting, to achieve the healthy, glowing skin of your dreams.

At Chuckling Goat we make our kefir unflavoured, because sugar kills the good probiotics in the kefir over time. If you blend it up with fruit at home, make sure that you drink it straight away - don't make it the night before, and let it sit, as the fructose will degrade the good bugs living in the kefir.

At the farm we often work with mums who are tackling their children's eczema. We hear the constant refrain, "But how can I make them drink it?"

I have a sceptical husband and a 10-year-old boy at home, so believe me, I feel your pain! I've developed some fail-safe ways to smuggle kefir into their lives.

- **Principle #1 - Always, always blend it into a smoothie**

Although I like my kefir straight, most people do prefer it blended with other things. Kefir makes a terrific lassi - they'll think it's a treat.

- **Principle #2 - Avoid citrus**

Kefir is already acidic, so adding acidic fruit often makes the taste too tart. Go the other way - think smooth and creamy. These recipes almost always incorporate a banana, as it adds natural sweetness as well as valuable nutrients.

- **Principle #3 - Sweeten to taste with stevia.**

Stevia is brilliant stuff - natural, good for you, and actually has beneficial properties for healing eczema. It's not actually a sweetener at all; it's a plant that stimulates the sweet receptors on your tongue, so that it produces the sensation of sweetness. This means that it doesn't harm your microbiome the way that sugar, honey, maple or agave syrup do. Stevia is the only sweetener I allow on the farm, and certainly the only sweetener I recommend that you combine with your kefir!

Once you get accustomed to these principles, you can create your own lassi and smoothie combinations, using the fruit that your family likes the best. The more the merrier - your microbiome benefits from enrichment, so the more different types of fruit and veg you consume during a week, the better off you will be!

Take the kids shopping with you, and turn them loose in the fruit aisle. Let them pick out whatever fruits and veg look good to them. Once you get home, create a buffet of gorgeous fruit and vegetables, let them choose three that appeal, and use that for their daily smoothie. This is family fun, gets kids into great habits for the future and gives them a sense of ownership over the whole smoothie process.

I also have a theory that the eye is attracted to the things the body needs. You may be surprised at the items that they choose; when given the option, the body is very wise about what it needs to heal.

Here are some recipes to get you started. I encourage you to use these as a base, alter and tweak them, and come up with your own! When you do, please be sure to share them with the kefir community on our facebook page - we love a good smoothie recipe!

Each smoothie recipe serves one. Multiply as needed.





Coconut-Mango Kefir Lassi

Delicious! The coconut oil adds a healing boost, great for your skin.

- 250 g (8 oz) fresh or frozen mango
- 125 ml (4 oz) water
- 15 g (1 TBSP) coconut oil
- 170 ml (6 oz) kefir
- Stevia

Blend kefir, mango, water and coconut oil. Sweeten with stevia to taste.

Papaya Lassi

- 250 g (8 oz) papaya
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- 1 ml (¼ tsp) cinnamon or cardamom
- 4-5 ice cubes
- Stevia

Blend kefir, papaya, water and ice cubes. Sweeten with stevia to taste. Garnish with cinnamon or cardamom.





Creamy Avocado Lassi

- ½ avocado, peeled and pitted
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- 1 ml (¼ tsp) cardamom
- 4-5 ice cubes
- Stevia

Slice the avocado in half, lengthwise. Remove the pit, peel and roughly chop. Add kefir, cardamom avocado and water to blender and blend until creamy. Sweeten with stevia to taste.

Mint Kefir Lassi

30 ml (2 TBSP) dried mint
125 ml (4 oz) water
170 ml (6 oz) kefir
1 ml (¼ tsp) ground cumin
4-5 ice cubes
Stevia

Blend kefir, mint, water and ice cubes. Sweeten with stevia to taste. Garnish with ground cumin.





Banana-Walnut Kefir Lassi

- 1 banana
- 3-4 walnuts (can also use Brazil nuts, hazel nuts, almonds or pine nuts)
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- 5 ml (1 tsp) flax seeds
- 4-5 ice cubes
- Stevia

Blend kefir, banana, nuts and seeds until smooth and creamy. Garnish with more nuts.

Apple Spice Kefir Smoothie

A lovely mix!

- 1 medium apple
- 1 banana
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- 2 ml (½ tsp) cinnamon
- 1 ml (¼ tsp) nutmeg
- 4-5 ice cubes
- Stevia

Blend apple, banana, nutmeg and kefir until creamy. Sweeten with stevia to taste. Garnish with cinnamon.





Ginger Kefir Refresh

Ginger is a brilliant natural anti-inflammatory. Blend well, to deal with the fibres in the fresh root.

- 118 ml (4 oz) fresh mint leaves
- 1 banana
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- 15 g (½ oz) fresh ginger root, peeled
- 4-5 ice cubes
- Stevia

Blend mint, banana, kefir and ginger until creamy. Sweeten with stevia to taste.

Berry Kefir Bliss

Kids love this one - turns a lovely colour!

- 113 g (4 oz) frozen blueberries
- 113 g (4 oz) frozen strawberries
- 1 banana
- 125 ml (4 oz) water
- 170 ml (6 oz) kefir
- Stevia

Blend berries, bananas, kefir and water until creamy. Sweeten with stevia to taste.





Calm Tummy Kefir Smoothie

Works quickly to soothe IBS symptoms

- 90 g (8 oz) raw red cabbage
- 1 medium size apple, stem removed, chopped into quarters. (No need to peel or core if the apple is organic.)
- 170 ml (6 oz) kefir
- 125 ml (4 oz) water

Blend cabbage, apple, kefir and water until creamy. Sweeten with stevia to taste.

Cucumber Kefir Crazy

Refreshing for summer!

- 1 frozen banana
- ½ cucumber
- 125 ml (4 oz) mint leaves
- 170 ml (6 oz) kefir
- 125 ml (4 oz) water
- Stevia

Blend banana, kefir, cucumber, water and mint until creamy. Sweeten with stevia to taste.





Mean & Green

You can substitute kale or chard for spinach - they'll never know how good it is for them. ;)

- 1 banana
- 225 ml (8 oz) spinach
- 118 ml (4 oz) strawberries
- 170 ml (6 oz) kefir
- 125 ml (4 oz) water
- Stevia

Blend kefir, banana, spinach and strawberries until smooth and creamy. Sweeten with stevia to taste.

Digestion Aid Smoothie

This one helps with bloating and stomach upset.

- 125 ml (4 oz) chamomile or dandelion root tea, cooled
- 225 ml (8 oz) strawberries
- 4 pineapple chunks
- 170 (6 oz) ml kefir
- 125 ml (4 oz) water
- 4 ice cubes
- Stevia

Blend tea, strawberries, pineapple, kefir and water until creamy. Sweeten with stevia to taste.





Anti-Eczema Kefir Super-Smoothie

The most powerful anti-inflammatory zap you can get!

- 125 ml (4 oz) oolong tea, cooled
- 1 banana
- 5 ml (1 tsp) flaxseed oil
- 5 ml (1 tsp) coconut oil
- 5 ml (1 tsp) turmeric
- 170 (6 oz) ml kefir
- 125 ml (4 oz) water
- Stevia

Blend tea, banana, flaxseed oil, coconut oil, turmeric, kefir and water until creamy. Sweeten with stevia to taste.

Let's work together!

You're on a journey, moving toward your own healing. Congratulations, and welcome! We're all on this journey together. I may not yet have had the privilege of meeting you face-to-face, but you and I are connected in this brave endeavour.

We are linked – by the lovely Welsh word 'perthyn' that my husband taught me when I moved to this country. It means 'belonging.'

Our drinking kefir and our unique kefir skincare is available online at www.chucklinggoat.co.uk. We ship throughout the UK.

Don't forget to download your free 21-day GSS health journal at chucklinggoat.co.uk/gss/gss-health-journal.pdf. It's important to manage your state and enjoy your progress – it can't all be about hard work.

Get in touch with me

Walking forward hand in hand, and sharing the information about natural healing that we discover as we go along – this is what it's all about, to me. I want to hear from you!

To find inspiration: you can read more success stories from people who have already walked the GSS path here: www.chucklinggoat.co.uk/success-stories

To chat, share your own experience, opinions and thoughts, ask questions and read our constantly updated stream of natural healing research and stories of life on the farm, you can find us here:

Facebook: facebook.com/chucklinggoat

Twitter: twitter.com/chucklinggoat

Instagram: instagram.com/chucklinggoat

My blog site, where you can find more GSS recipes, info, hints and tips is www.thefarmerswife.wales

You can contact me there, or email me at info@chucklinggoat.co.uk

I hope to be able to offer you a cup of tea someday, at our farmhouse kitchen table in Wales. If you're ever in the neighbourhood, come and meet the goats!

Wishing you peace and strength on your way!
Hugs from the barn,

