

# Bevvies that give you bounce!

Swig, swallow and gulp your way to gusto in every area of your life

## GET MORNING ENERGY

### You'll need:

- 1 banana
- 30g porridge oats
- 110g low-fat natural yoghurt
- 150ml milk
- 100ml apple juice
- Ice cubes
- A pinch of finely ground coffee

### To make:

Whizz all the ingredients together in a blender until smooth. Sprinkle the coffee on top and serve.

This will have you up, dressed and skipping down the road. 'Milk is a source of riboflavin, which helps release the energy in the smoothie ingredients,' says principal of *The Food Doctor* nutritional practice, Ian Marber. The fibre and carbs in the oats will keep you going, while new Japanese research has found a whiff of coffee can perk you up as much as an espresso, so that sprinkle will put an extra spring in your step.

## GET SEXUAL ENERGY

### You'll need:

- 3 blueberries
- 50ml vodka
- 1 liquorice stick
- 35ml cointreau
- 75ml cranberry juice

### To make:

Infuse the liquorice in the vodka for three hours, then discard. Mash the berries in a cocktail shaker, then add the other ingredients and serve.

This will wake up your libido in an instant – the phallic-shaped flute alone will get you feeling saucier! Research by The Smell & Taste Treatment And Research Foundation in Chicago found the scent of liquorice is the No.1 sexiness booster, while the zinc in the blueberries could help to increase his sperm count. 'Also, the ruby red shade relates to the reproductive organs and can help to free your inhibitions,' says colour therapist Juliet Standish.



## GET BRAIN ENERGY

### You'll need:

- 150ml boiling water
- 1 green tea teabag
- Sprig of rosemary
- 75ml apple juice
- 1 tsp lemon juice
- Dried apricots

### To make:

Pour the water onto the tea bag and add the rosemary. Allow to cool, then mix in the apple and lemon juice. Chill, then add the dried apricots.

Drink this and you'll boost your brain power – no Sudoku required. Green tea has been proven to pep up your grey matter, and the rosemary is great because as well as making your tongue tingle, it's known to help increase clarity and reduce mental fatigue. 'And for an extra boost, add some dried fruit,' says Marber. 'It'll fire up your concentration and focus.'

## GET EXERCISING ENERGY

### You'll need:

- 40ml freshly squeezed orange juice
- 1 tsp guarana extract\*
- Sprig of mint

### To make:

Chill the orange juice then pour it into a shot glass. Add the guarana extract and garnish with the sprig of mint.

Down this wonder shot and get ready to make like Paula Radcliffe. If you chill the juice first, it'll lower your body temperature and boost your metabolism to give your body an edge. 'Guaranine – a chemical found in guarana – has the same properties as caffeine,' says Marber. 'It can stimulate your body and prolong performance.' And to get to that extra level on the cross trainer, have a good sniff of the mint before you slurp.

## GET POST-HANGOVER ENERGY

### You'll need:

- 3 apples
- 2 spinach leaves
- Handful of parsley
- Half a cucumber
- 1 tsp artichoke extract\*

- Crushed ice
- A shaving of ginger

### To make:

Place all the ingredients into a blender and whizz up until smooth. Garnish with ginger and serve.

Overdid it on the rosé last night? This will sort you out. As well as being packed with goodies known for their vitamin and antioxidant content, the artichoke extract helps cleanse your liver. 'Plus the green colour is known to soothe the body,' adds Standish. If you're feeling sick, chop the ginger into the drink instead of using it to garnish. 'It will calm your stomach,' says dietician Gillian McKeith.