

7 YEARS YOUNGER

Your guide to the latest
age-defying beauty, fitness
and health strategies

PROTEIN PLUS

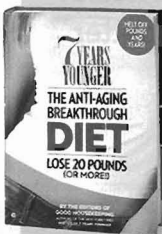
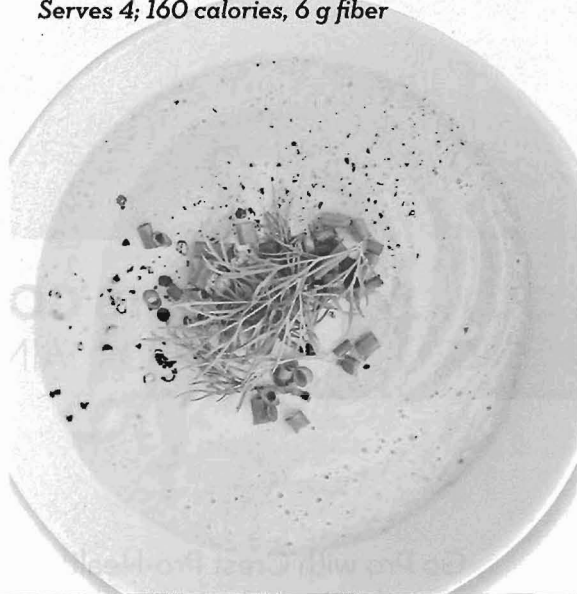
Cold Pea & Herb Soup

*This first course brims with wrinkle-smoothing protein and vitamin C.
Bonus: belly-blasting fiber*

1. PUREE 1 lb. frozen peas, thawed; 1 med. avocado; 2 c. cold water; 1/4 c. lemon juice; 2 cloves garlic, pressed; 1/2 tsp. salt; and 1/4 tsp. pepper in blender until smooth.

2. DIVIDE among 4 bowls; top with 2 Tbsp. minced dill and scallions plus more pepper.

Serves 4; 160 calories, 6 g fiber



FROM THE BOOK **PICK A PEPPER...**

...a yellow one: It has five times the collagen-building vitamin C of the citrus go-to, an orange. Get more smart tips in our book at 7yearsyounger.com/ghk.



Whip up the easiest summer refresher ever:
an Arnold Palmer. Simply mix iced tea and lemonade