



Superfood Smoothies!

Orange Dream Smoothie



Ingredients:

- 1 whole orange (peel/seeds removed)
- 1/2 cup of coconut water
- 1/2 cup frozen peaches and/or mangos
- 2-3 baby carrots
- 1 scoop vegan protein powder
- 1 Tablespoon white chia seeds (soak in coconut water 2-3 mins)
- 1-2 teaspoons Barleans Mango Peach Omega Swirl
- Ice
- pinch of high quality sea salt

Optional: 1 teaspoon coconut oil and/or hemp hearts

Blend well, add ice as needed and serve!



Choco-Banana Super Smoothie

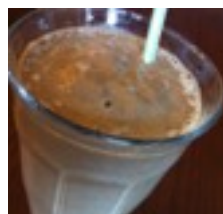


Ingredients:

- 1 cup coconut water
- 1 tablespoon raw cacao powder
- 1/2 of a frozen banana
- 1 tsp. of greens powder
- 1 Tablespoon of chia seeds (soak in coconut water first)
- 1 scoop of vanilla or chocolate protein powder (plant-based)
- Ice
- pinch of high quality sea salt

Optional: 1 Tablespoon of NuttZo PF nut butter or 1 teaspoon of coconut oil

Blend well, add ice as needed and serve!



Build a Superfood Smoothie!

Smoothies are a great breakfast, or a pre or post-workout snack. But, too much fruit juice or sweet stuff can make you crash & burn. Keep the juice and sweets to a minimum & boost with superfoods!

Base - approx. 1 cup liquid

Coconut water is called "Nature's Gatorade," and makes a great smoothie base - it has electrolytes, and adds a little natural sweetness. Some other options: almond milk, coconut milk, a whole orange, kefir.

Fruit - approx. 1/2 cup

Berries, peaches and mangos all work great. Frozen banana adds sweetness, potassium & thickens it up!

Superfoods - Boost it!

Superfood options include: chia seeds, hemp hearts, raw cacao, coconut oil, kale, spinach, greens powders, pumpkin seeds, avocado, bee pollen, Brazil nuts, cashews, camu camu powder, Barleans Omega Swirl.

Protein - 1 scoop

Important for building muscles, energy, and recovery. I like Warrior Blend plant-based protein powder - it's dairy free, so it is easy on the digestion. Avoid soy proteins, which are not easily digested, and contain phytic acids, etc. You can also get protein with a spoonful of nut butter, hemp, or chia.

Sweeten - use moderately

If your smoothie is not quite sweet enough, add a small amount of natural sweetener. Some options: 100% fruit juice, organic raw honey, natural stevia or agave nectar. I also like to add a pinch of Pink Himalayan or Real Salt - which brings out the sweetness and flavors, so you need to use less sweeteners.

Get creative & build your own superfood smoothie!!

My favorite superfood of all are CHIA SEEDS!! They are an excellent source of omega 3s - which feed our brains and our moods! When they come in contact with water or another liquid, they form a gel. Chia gel gives us long lasting energy, and keeps us off the Sugar Rollercoaster! Chia gel helps us to stay hydrated. An essential tool for athletes & students that want an edge!

