

Beginner Green Smoothie

Ingredients:

- 1 banana (frozen preferred)
- ½ avocado
- 1-2 handfuls of organic spinach
- 1 serving protein powder of choice (see note)
- 1 date, pitted (optional, if needed for more sweetness)
- 14 oz. plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- 1/2 tsp cinnamon
- Ice (optional)

Method:

1. Add all ingredients to blender and blend until smooth.

Optional Bonus Extras: Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil.

Protein Powder Notes: Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or one using only natural ingredients. I use Manitoba Harvest Hemp Pro 50/50 protein powder or Health Force Superfoods Green Protein Alchemy.

Why it is good for you:

Adding spinach, 'the green element', to your smoothie is a great way to get in those extra vitamins. High in vitamin A, C, E, K and bioavailable in iron, manganese, calcium and folate, spinach is truly a powerhouse green that supports many functions of the body.

Discreet in flavor, the avocado in the smoothie is a little powerhouse on its own, and high in essential fatty acids (monounsaturated fats) a type of fat which is an integral cell function and synthesis of some important hormones. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs. This smoothie is a meal.

This recipe does include bananas, cinnamon & dates for sweetness! The combination of these ingredients makes for a delicious blend; not to mention all these ingredients are functional foods as well! Bananas are high in potassium and great for metabolic balance; cinnamon reduces blood pressure; and dates contain fiber

Original Source: Food Matters TV

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