



# Flavours Of Health

## Healthy Smoothies





# Vitamin C Shot Smoothie

- One or two kiwi
- Three strawberries
- 8 ounces of plain low or non-fat yogurt
- 4 ounces of fresh orange juice
- Few ice cubes

Vitamin C is involved in many body functions, including absorption of iron and the proper functioning of the immune system.





# Antioxidant Rich Smoothie 1

- 1 medium banana, peeled and roughly chopped
- 1 cup unsweetened almond milk
- 1/4 tsp. ground turmeric
- 1/2 tsp. vanilla extract

OR

- 1 frozen banana
- 1 cup pineapple juice
- 1/2 inch fresh ginger, grated
- 1/2 cup coconut or almond milk
- Juice of 1/2 lime
- 1/4 teaspoon ground turmeric
- Grated fresh turmeric root for garnish
- Shredded coconut for garnish

Ginger and turmeric have powerful anti-inflammatory and antioxidant properties, which could help protect against disease.







# Antioxidant Rich Smoothie 2

- 1 cup original almond milk
- 1 tbsp chia seeds
- 1 banana, peeled
- 2 oranges, peeled
- 2 cups frozen blueberries

Chia Seeds are high in antioxidants and loaded with fiber, protein, omega-3 fatty acids and various micronutrients.







# Sweet Tooth Smoothie

- 3/4 cup unsweetened vanilla almond milk
- One frozen ripe banana
- 1 tablespoon cocoa powder
- 1 tablespoon peanut butter
- 1 teaspoon honey

OR

- 3/4 cup unsweetened vanilla almond milk
- 1/2 cup of frozen strawberries
- One frozen ripe banana
- 1/2 teaspoon of vanilla extract
- 1 tablespoon peanut butter
- 1 tablespoon ground flaxseed
- One Medjool date
- Sprinkle of ground cinnamon

Peanut Butter is a heart friendly fat, provides a good amount of protein, along with essential vitamins and minerals. Flax Seeds are rich in dietary fiber and Omega-3 fats.





# Green Power Smoothie

- 1 cup (250 ml) unsweetened almond milk
- 1 ripe banana, frozen
- ½ cup (125 ml) chopped mango, frozen
- 1-2 large handfuls of baby spinach
- ¼ cup (60 ml) pumpkin seeds

Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium.





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