

Berry Chia Smoothie

Now with spinach!!

Spinach

- ✓ High in potassium, magnesium, vitamin k, and vitamin C
- ✓ Respectable amounts of lutein, carotene and folic acid
- ✓ 115 mg Calcium in ½ cup

Blackberries

- ✓ High in gallic, rutin, and ellagic which give them anti-viral and anti-microbial properties
- ✓ High antioxidant levels, vitamin c, fiber, and high levels of anthocyanins

Chia Seeds

- ✓ High in EPA, DHA
- ✓ 5g of fiber, 3grams of protein in one tablespoon
- ✓ Helps lower blood glucose levels by converting carbohydrates in sugar
- ✓ Respectable amounts potassium, calcium, iron, phosphorus, and manganese



Kefir

- Enhance immune system
- Balance digestive health with essential live and active probiotics
- Excellent source of protein, calcium, vitamin D, and fiber
- Lactose intolerant friendly!

Strawberries

- Antioxidant and anti-inflammatory properties
- Research shows benefits to be cardiovascular support, lower blood sugar, and anti-cancer properties
- Similar phytonutrients to blueberries and blackberries

Blueberries

- High in vitamin k, manganese, vitamin c, fiber, high in phytonutrients
- Most popular for Anthocyanins
- Has antioxidant and anti-inflammatory compounds
- Shown to reduce cholesterol

Bananas

- Very high in potassium
- 467 grams per Bananas
- Has properties for cardiovascular protection, soothing protection from ulcers, helps with constipation

Kiwi

- High in vitamin C
- High phytonutrient contents
- Contains flavonoids and carotenoid that demonstrate anti-oxidant properties

What's *super* about the elements of our smoothie???

As the smoothie recipe calls for a variety of berries, bananas, and kiwi, the smoothie has a high content of vitamin C and phytonutrients. Below we have listed the benefits of vitamin C, phytonutrients and EPA/DHA.

❖ **Vitamin C**

Reducing severity of osteoarthritis, rheumatoid arthritis, asthma, colon cancer, diabetic heart disease

May be useful for preventing ear infections

Necessary for healthy function of immune system

❖ **Phytonutrients**

Plant chemicals that have protective and disease preventive properties

Anti-oxidants, hormonal support, stimulation of enzymes, ensures cell health, anti-bacterial effects

❖ **EPA, DHA**

Associated with anti-inflammatory properties and reducing the risk of heart disease.

Research has also shown to lower the risk of cancer, arthritis, and blood pressure.

Recipe

1 ½ cups Kefir (blueberry flavored)
1 tbsp chia seeds
1 cup strawberries
¼ cup blackberries
1 kiwi
1 banana
½ cup blueberries
¼ cup spinach

Directions

Blend together in your high-powered blend until smooth and enjoy!

Nutrient Facts

Serving Size (1 blender pitcher)

Amount Per Serving

Calories 501 Calories from Fat 78

Total Fat 7.5g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 10g

Sodium 132mg

Total Carbohydrate 100g

Dietary Fiber 23g

Sugars 62g

Protein 20g

Resources:

- ❖ The World's Healthiest Foods

Blueberries: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=8>

Strawberries: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=32>

Bananas: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=7>

Kiwi Fruit: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=41>

- ❖ National Kefir Association. <http://nationalkefirassociation.com/Home.aspx>

- ❖ Mother Nature Network. <http://www.mnn.com/food/healthy-eating/stories/chia-seeds-health-benefits-tips-and-recipes>

- ❖ Berry Health Benefits Network

http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/blackberry_facts.htm