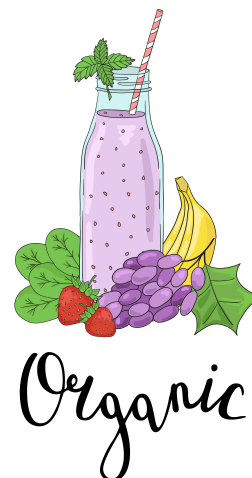


HEALTHY SMOOTHIES

A recipe to help the morning go smoothly...

Smoothies are a quick and easy way to get the breakfast nutrition needed especially when crunched for time!



The basic smoothie recipe is:

1 banana
1 handful of frozen fruit(s)
3 tbsp. of coconut milk
add orange juice, almond milk or water and blend!

You can experiment and add just about anything to your smoothie.
Try a few scoops of:

Flax meal - for healthy fat and fiber
Wheat germ - rich source of B and E vitamins
Organic Nut Butter - good source of protein and healthy fat
Protein Powder (Standard Process Whey Pro Complete)
Nutrient Powder (Standard Process SP Complete)

Helpful tips:

Keep your frozen fruit organic and varied - peaches, mangos, pineapple, strawberries, blackberries, blueberries, raspberries and anything else you can think of – try all different types of combinations!

Try to make your ingredients organic if possible

Remember to freeze or refrigerate any flax or wheat germ – the natural oils spoil over time and freezing slows this process

The Standard Process powders are a great way to add concentrated whole food nutrition to your shakes

Invest in a blender. You'll be making smoothies fairly regularly so spending the money is worth it. Both Breville and Vitamix are great choices.