



Healthy 4 Life!

Power Smoothie



**Use organic sources when possible.*

**Frozen fruits and veggies lock in freshness to preserve nutrients and makes for great ice cubes!*

SOY MILK - UNSWEETENED, NO CARRAGEENAN

Complete source of protein showing menopausal, cardiovascular, and osteoporosis benefits.
(If sensitive to soy, try almond milk or rice milk)

POMEGRANATE JUICE

Cancer fighting properties (prostate); healthy for diabetics even though high sugar content.

BLUEBERRIES

Powerful antioxidants like anthocyanin neutralize free radicals, which accelerate aging.

STRAWBERRIES

High vitamin C and flavonoids reduce inflammation, which is linked to chronic disease.

RASPBERRIES

Rich in B vitamins for optimal energy metabolism.

BANANA

Potassium provides a key mineral for nerve and muscle function as well as bone health.

APPLE

Pectin can help lower LDL (bad) cholesterol and reduces the body's need for insulin.

RED GRAPES

Heart healthy skins contain resveratrol, the antioxidant responsible for the benefits of red wine by reducing blood pressure.

CARROT

Beta-carotene acts as another powerful antioxidant, beneficial for eyes and skin.

RED CABBAGE

Sulforaphane, an excellent detoxifying chemical, helps to reduce cancer risk.

SPINACH

Vitamin E, vitamin K, lutein, and flavonoids can decrease blood pressure and osteoporosis.

ALMOND BUTTER

Healthy fats can modify cholesterol levels; also a great source of protein.

WHEY PROTEIN - HORMONE FREE, COLD PROCESSED, UNDENATURED

Complete protein that increases glutathione levels, the top antioxidant needed for immunity.

PLAIN GREEK YOGURT

Great source of healthy bacteria essential for proper digestion and immune function.

GROUND FLAX

Fiber and omega-3 fats are both heart healthy additions to any diet.

EXTRA VIRGIN COCONUT OIL

Lauric acid exhibits powerful anti-viral, anti-bacterial, and anti-fungal properties.

CINNAMON

Helps to help keep blood sugar under control, minimizing insulin production.

GINGER

Potent anti-inflammatory, reducing heart disease and cancer risks.

TURMERIC (CURCUMIN)

Anti-inflammatory spice with antioxidant power along with anti-cancer properties.