

Berry Sneaky Green Smoothie

Smoothies are a great way to pack in the nutrients and are a quick, ready-to-go breakfast.

Once you get the hang of it, smoothies are a quick, ready-to-go breakfast that is easily digestible, great tasting, and satisfying.

Ingredients:

- 1 cup baby spinach (or more if you like)
- 1 cup almond milk (water, rice milk)
- 1 cup frozen berries
- ½ frozen banana
- 1 tbsp of ground flax seeds (or 1 tbsp flax oil)
- 1 serving of powdered protein supplement



Directions:

1. Blend the flax seed until ground
2. Add the frozen fruits, baby spinach, and almond milk, and blend until smooth or desired consistency is achieved
3. Add powdered protein and blend briefly
4. If smoothie is too thick, add more almond milk, water, or ice until desired consistency is achieved
5. Enjoy as soon as possible to maximize nutritional benefits

Optional additions:

- 1 tbsp coconut oil (great source of healthy fats)
- 1 tbsp almond butter (great source of healthy fats, vitamins, minerals, protein and fiber)
- 2 open capsules of probiotics (for healthy digestive and immune function)
- Liquid vitamin D (especially important in the winter for healthy immune function)
- Ice (helps make the smoothie more palatable)
- ½ cup cranberry or pomegranate juice (packs a fruity punch)
- Pinch of cinnamon (for blood glucose control)

ENJOY!



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