

+SMOOTHIES

OUR FAVORITE WAY TO START THE DAY

By Tana Amen

Smoothies are one of my favorite ways to optimize nutrition and treat myself and my family to a tasty, refreshing raw meal loaded with water-rich phytonutrients, vitamins, minerals and fiber.

Benefits of Brain-Boosting Smoothies:

1. Delicious, simple, quick... nutrition on the run!
2. Water-rich, loaded with vitamins, minerals, fiber and phytonutrients
3. Very satisfying
4. Children love them
5. You can "hide" many nutritious additives (like greens) without them being detected
6. You can custom design them to fit your taste and nutritional needs



Some Basics About Additives:

- If the raw greens are too much initially, start slow and gradually increase the amount you add. Sometimes it's an acquired taste.
- You may need to add a teaspoon of raw honey or agave in the beginning, but try to wean away from it as soon as possible. If it works to get your kids eating their veggies, use it, then gradually decrease the amount.
- Raw cacao is the pure form of cocoa before it has been processed. It is loaded with antioxidants and phytonutrients. It is one of my favorite additives for smoothies. It can be found in most health food stores.
- Cacao nibs are cacao beans that have been coarsely ground. They are great for adding a chocolate chip texture to desserts and smoothies. Kids usually love them and they are sugar free!
- Pure coconut water is God's natural "sports drink." It is loaded with electrolytes, and has a lot less sugar and other chemicals than most sports drinks.
- I love adding fiber to my smoothies for that extra boost.
- Things like bee pollen, aloe gel, maca root, goji powder and other "super foods" can be excellent additives. Many of these super foods are known antioxidants or have anti-inflammatory properties, but these claims have not all been clinically proven. As with all ingredients, pay attention to calories and fat content.

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Here's my recipe for a great way to start the morning.

Berry Alert Smoothie

Ingredients:

- › 1 Cup frozen organic blueberries
- › 8 oz. coconut pure coconut water or unsweetened almond milk
- › 1 large hand full baby spinach-about 1 1/2 cups (I promise you can't taste it, but you can adjust the amount initially until you get used to it if necessary)
- › 2 Tbs avocado (about 2 Tbsp)
- › 2 Tbs flax seeds
- › 1 scoop Vanilla or Berry flavored, sugar free protein powder (I prefer pea or rice protein sweetened with stevia). Use 2 scoops for large men.
- › 1 Tbsp Freeze Dried Greens (Green Vibrance is one of my favorite brands)
- › 1 Dropper full of Vanilla Creme flavored, liquid stevia

* Optional Additives: Fiber, Bee Pollen, Aloe Gel

Directions:

1. Add all ingredients to blender bowl.
2. Turn blender on low at first, then increase speed.
3. Add additional water or coconut water as desired to achieve desired consistency.
4. Pour into glasses and serve cold

Serves 2

Recipe from **"Change Your Brain, Change Your Body"** Cookbook, by Tana Amen