

## RLP SUPERFOOD + SMOOTHIE handout

It's summer time, that means fun in the sun. Smoothies are satisfying, healthy, and most importantly quick and simple! **Superfoods are a quick and easy way to get some serious nutrients into your body.**

### **Prepping in Advance:**

Stock your freezer, you can use fresh or frozen fruit. Frozen fruit is very convenient because you can keep it stored in your freezer at all times; it also makes a creamier smoothie than fresh fruit. Feel free to use a combination of fruits, some fresh and some frozen. Load up on organic fruit when it's on sale, if possible, and freeze your own fruit when it's in season and locally available. If I see anything on sale I will buy all different versions of veggies and fruit and freeze them.

### **Cleaning your blender:**

After you're done making your smoothie fill it with some water and a little apple cider vinegar or a dash of organic non-toxic soap and blend it for about 20 seconds. You now are ready and clean for your next smoothie.

### **Pick your liquid base:**

*Use about 1-2 cups of liquid for 2 servings. You may have to adjust the amount of liquid to your preferences based on the fruits and veggies you choose.*

- Coconut water- high in electrolytes and potassium, naturally sweet
- Coconut milk- a creamy alternative to dairy milks that's high in good fats)
- Almond milk
- Hemp milk
- Greek plain yogurt
- Organic milk
- Goat milk
- Kefir
- Fresh squeezed juice
- Green or black tea (room temp)
- Herbal tea
- Water

**Choose your Veggies: Mix and match how you please and you will start to find what you like, but I recommend always trying new things because you want to get a different array of nutrients.**

### **Leafy Greens and Herbs: 1- 2 cups**

- Chard
- Kale
- Spinach
- Arugula
- Beet tops
- Basil
- Cilantro

- Collard greens
- Romaine
- Endive
- Mint
- Parsley

Other veggies: (1/2 cup)

- beets
- carrots
- cucumbers
- celery

Fruit: (no more than 1 cup per serving)

Low Sugar Fruit:

- Berries
- Pomegranates

Medium Sugar:

- Apples
- Apricots
- Cherry
- Grapefruit
- Orange
- Plums
- Pears
- Peaches
- Grapes
- Kiwi
- Melons
- Nectarines
- Papayas

High Sugar Fruit:

- Mangos
- Pineapples
- Banana
- Figs
- Dates
- Dried fruits

**Choose your Super Food:** Immunity booster, energy boost, antioxidant boost, you can do it all through super foods! Add about 1 tsp to 1 tbsp

- Maca powder- hormone balance, brain boosting and energy
- Green powder- energy
- Cacao nibs -low sugar, gives smoothies great chocolate crunch
- Cacao powder- makes it chocolatey without added sugar
- Bee pollen- good for immunity & allergies, packed with B vitamins
- Fresh ginger- depends on your taste buds
- Coconut oil- a healthy fat that may aid in weight loss and antiviral

- Aloe Vera- good for digestive system and for intestinal support
- Avocados- give it a great consistency, you can freeze as well
- Spices (cinnamon, nutmeg, cayenne, allspice)
- Turmeric Powder- Megafood 1 tsp (inflammation, antioxidant)
- Mesquite Powder

### **Adding Vitamins:**

- D3
- High quality Fish oil
- Chlorella
- Probiotics

**Add Protein:** choose one or more of the following to help you make this smoothie a meal, feel more satisfied, and if you have just finished a hard workout you want at least 25-30g of protein. For a snack you need about 10-15g of protein. You always want to pair your food with a protein because it helps balance your blood sugar and will help repair muscle and burn fat. A combination of healthy carbs, fat, and protein here helps me feel full and very grounded

- Whey (if you are not sensitive to dairy)
- Rice protein
- Egg white protein powder (J-Robb,
- Plant based protein powder
- Chia seeds (2 tbsp)
- Hemp seeds (2-3 tbsp)
- Nut butters- (2 tsp)
- Oats- high fiber, and b vitamins
- Pumpkin or sunflower seeds
- Raw soaked nuts

Need it a bit sweeter?

- Stevia
- Dates
- Banana
- Grade B Maple syrup
- Raw local honey
- Goji Berries
- Coconut nectar

Now BLEND: start out slow and make your way to a high speed. Depending on your ingredients it may take longer or you might need to add more liquid or ice! Pour into a glass and serve. You can also freeze for the next day or keep in fridge and add ice later!

## SUPERFOODS:

Utilizing superfoods in your every day life is an easy way to get some serious nutrients into your body. Yet stepping into the world of superfoods can be a little intimidating. We know how it feels, we've been there!

Common Questions: "What even is a superfood?" "Where do I even buy them?" "Why do I need them?" "How much will this cost me?" "Which ones do I use?" "Why do I need those weird things anyway?" "What makes them SUPER?"

Superfoods are a special category of foods found in nature. Superfoods are great for your body because of how nutrient dense they are. They are packed with large doses of antioxidants, polyphenols, vitamins, and minerals that our bodies crave but nutrients we cannot make ourselves.

Some of my favorites:

**Bee Pollen** is made by honeybees and is considered one of nature's most completely nourishing foods as it contains nearly all nutrients required by humans. They are rich in proteins, free amino acids, vitamins, including B-complex, and folic acid. Great for immunity and combating seasonal allergies. Put 1teaspoon in your smoothies or add it to your yogurt.

**Chia Seeds**- Chia seeds the single richest source of plant-based omega-3 fatty acids you can buy. They're also loaded with antioxidants, protein and minerals, plus soluble and insoluble fiber to help keep your digestion moving in the right direction. Contain a high content of omega fatty acids that increase healthy brain function, and have proven to be good for your heart by fighting high cholesterol and heart disease. Use 1 tbsp a day in your smoothies, just in water with lemon, or to thicken desserts!

**Coconut Oil** A heart-healthy oil filled with antioxidants that can help your body against viruses and bacteria that can cause illness. It can also boost thyroid function and blood-sugar control as well as aid with digestion, reduce cholesterol and keep weight balanced. Contain fatty acids that help to fight body fat by converting into energy that boosts metabolism. I use coconut oil when I cook anything on high heat, it's also great for baking.

**Turmeric:** Contains antioxidants, antiseptic and anti-inflammatory components. It is an Indian spice that gives curry its distinctive taste. Researchers attribute part of this to curcumin, studies suggest curcumin may protect against cancer and Alzheimer's and also improve circulation, prevent blood clotting and tame a variety of pains. Spice up your recipes by adding 1 teaspoon turmeric powder.

**Seaweeds** Seaweeds are the most nutritionally dense plants on the planet as they have access to all the nutrients in the ocean. They can contain up to 10 times more calcium than milk and eight times as much as beef. The chemical composition of

seaweeds is so close to human blood plasma, that perhaps their greatest benefit is regulating and purifying our blood system.

**Goji Berries**-Perhaps one of the tastiest treats, goji berries are known for their healing strength, antioxidants and amino acids. They have been used for centuries in Asian cultures to strengthen eyesight, fight against viruses, balance hormones, and even to assist with the longevity of life. Add to your breakfast or to your trail mix.

**Cacao Powder and Nibs** Cacao is filled with antioxidants and that boost your immune system , plus they taste amazing. The rich, chocolatey flavor is delicious and dessert-like which helps to resist those sugar cravings while still satisfying your sweet tooth.

**Maca** -Maca is rich in mood-boosting B vitamins, amino acids, and brain-boosting fatty acids. The root has long been used in traditional medicine to balance hormones, raise libido and combat fatigue, Morris explains. Its earthy, caramel taste is great in coffee, smoothies or desserts.