

## “Perfect Smoothie to Shake Up Your Breakfast”

The month of love and everything chocolate is upon us. As winter’s chill continues to loom, it’s hard to think about drinking a refreshing, iced smoothie when a cup of hot cocoa or coffee seems more appealing.



February is American Heart Health Month! What better way is there to celebrate than with a nutrient rich smoothie? Give your immune system a boost with a vitamin packed drink for a change. You’ll not only feel more energized but your taste buds will appreciate the break from the usual morning beverage.

I never thought I would enjoy drinking kale in any form until I came up with this recipe. My mixed berry and kale smoothie is delicious and easy to make. My short list of ingredients really cuts down on the prep time. If blending over brewing doesn’t seem satisfying then think about adding chilled coffee to the mix.

### Ingredients:

- \*1 cup of mixed blueberries and blackberries.
- \*1 ½-2 cups of unsweetened vanilla flavored almond milk.
- \*2 cups of chopped baby kale leaves.
- \*½ cup of crushed ice.

Total Time: 4 minutes      Prep Time: 4 minutes

### Directions:

1. Add all ingredients to a blender and pulse until smooth. If the smoothie is too thick, add extra almond milk until desired consistency.
2. Serve immediately and store leftovers in the refrigerator.

If you try this recipe, let me know how it turns out.

Yours in Health,

Michelle Beers, Certified Health Coach and Health and Wellness Writer for Wildcat Sport & Fitness

**HEART HEALTH, SO GOOD!**  
**EAT SEPARATELY OR IN SMOOTHIE**

**NUMBER ONE!**

- 1/4 BEETROOT
- 1/2 TOMATO
- 1/2 AVOCADO
- 1/2 CUP PURPLE GRAPES
- 1 SMALL BANANA
- 1/2 GRAPEFRUIT, JUICED
- 1/2 LEMON, JUICED
- 3 WALNUTS
- 3 ALMONDS
- 1/2 TEASPOON TURMERIC
- 1 TABLESPOON LOCAL RAW HONEY
- 1 CUP SPINACH
- 3-4 BASIL LEAVES
- 1-2 CUPS OF PURE WATER (SPRING/FILTERED)

**NUMBER TWO!**

- 1 MANGO
- 1 BANANA
- 4 WALNUTS
- 3 ALMONDS
- 1 LEMON, JUICED
- 1/2 TEASPOON TURMERIC
- 1 TABLESPOON LOCAL RAW HONEY
- 1/2 CUP BASIL LEAVES
- 1 CUP PURE WATER (SPRING/FILTERED)

**BLEND ALL TOGETHER**

**HEART FOODS**

|   |   |
|---|---|
| GRAPEFRUIT - STRENGTHENS BLOOD VESSELS AND CAPILARIES     | SPINACH - CLEANSSES THE BLOOD                     |
| TOMATO - PROTECTS YOUR HEART                              | LOCAL RAW HONEY - HELPS REDUCE HEART DISEASE RISK |
| BASIL - POWERFUL ANTI-INFLAMMATORY PROPERTIES             | BEETROOT - LOWERS BLOOD PRESSURE                  |
| GRAPES - REDUCES THE RISK OF HEART DISEASE                | LEMONS - CAN HELP REGULATE HEARTBEAT              |
| TURMERIC - LOWERS BLOOD PRESSURE AND IS ANTI-INFLAMMATORY | AND HELPS MAINTAIN HEALTHY HEART VESSELS.         |
| AVOCADO - HIGH IN POTASSIUM, CONTAINS HEART HEALTHY FATS  | EAT THESE FOODS WHOLE OR THROW THEM               |
| BANANAS - HIGH IN VITAMIN B6, POTASSIUM                   | IN A SMOOTHIE. ADJUST ACCORDING TO TASTE          |
| AND MAGNESIUM - ESSENTIAL TO HEART HEALTH                 | WHEN MAKING YOUR HEART SMOOTHIE.                  |
| WALNUTS & ALMONDS - MAGNESIUM, ANTI-INFLAMMATORY          | WHEN YOUR HEART IS HEALTHY, YOU BENEFIT           |
| AND LOWERS CHOLESTEROL.                                   | YOUR ENTIRE BODY!                                 |

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