**SMOOTHIES**

**SUPER FOODS**

**Added to Smoothies**

**1**

**PROTEIN POWDER-Vanilla Bean Flavour**

**1 SCOOP**

Blend of Pea/Hemp/Flaxseed/Rice & Chia Seed Protein

Leanfit Organic Plant-based Protein-Costco

21 grms protein

5 fibre

Repair, rebuild muscles

Satisfy hunger (as a meal or snack)

Add to shakes, smoothies, mix in yogurt or oatmeal or boost a recipe

**2**

**GROUND FLAX**

**2 TBSP**

Source of:

3.5 g Omega-3 polyunsaturated fatty acids Per 15 g serving

3 g Fibre

Refrigerate after opening

2 tbsp supplies 40% of daily amount shown to help lower cholesterol

Add to shakes, smoothies, cereal, baking, pancakes, yogurt

**3**

**MORINGA Dried leaf powder**

**½ TSP**

From Moringa oleifera tree, also called “Miracle Tree”

Energizes and detoxifies the body

25 x’s the Iron (of spinach)

4 x’s Chlorophyll of Wheatgrass

17 x’s Calcium of Milk

15 x’s Potassium of bananna’s

9 X Protein of yogurt

10 X Vitamins A of carrots

Offers:

More than 90 phytonutrients

46 antioxidants

36 anti-inflammatory agents

Vitamins A, C, C, E

Essential minerals Calcium, Copper, Iron, Magnesium, Potassium, Zinc

Omega 3, 6 & 9 digestible proteins

**4**

**TUMERIC**

**½ TSP**

Helps with:

arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, and many others

**5**

**CHAGA**

**½ tsp**

Chaga mushroom is high in antioxidants and plant compounds that may benefit health. Chaga is available as a herbal tea and supplement.

May help:

reduce oxidative stress, lower “bad” cholesterol, support immune function

**6**

**COLLEGEN**

**1 TBSP**

One of the primary proteins in your body.

It’s an important part of structural components and connective tissues like skin, tendons, muscles, ligaments, and blood vessels, as well as parts of your eyes and teeth

* skin structure preservation
* wound healing
* anti-aging support
* osteoarthritis, a common cause of joint pain
* bone loss prevention
* muscle mass improvement
* hair and nail health

It helps to make tissues strong and resilient, able to withstand stretching. In food, collagen is naturally found only in animal flesh like meat and fish that contain connective tissue.