



## BEVERAGES

# Resiliency Smoothie

This versatile smoothie provides needed calories and nutrients for immune health.

YIELD: Serves 2

### INGREDIENTS

1 1/2 cup liquid

1/2 cup fruit

1 cup dark-colored fruit

1/8 cup (1 scoop) green powder

1/8 cup (1 scoop) whey or protein powder

4 oz. organic yogurt (Greek, goat, or coconut)

1/2 ripe avocado or other fat choices

Optional vegetables listed below

### DIRECTIONS

1. Blend ingredients together with a blender, bullet blender or immersion blender until smooth.
2. Divide into 2 parts for a morning and afternoon smoothie.
3. Pour into cups or mason jars with lids.
4. Glass or metal straws are fun to drink from.



### NUTRITION GEM

## Health Benefits of Avocado, Coconut Water & Berries

Smoothies are a healing variation of the milkshakes that are sugar-free, with a wide variety of options.

**Avocado** — Avocado contain a variety of healing fats that promote heart health by lowering LDL cholesterol and raising HDL cholesterol, reducing the risk of heart disease. Avocados also support healthy digestion, bone, nerve, skin and eye health.

**Coconut Water** — Coconut water has a rich content of electrolytes, minerals, and antioxidants. It's a hydrating beverage that can help replenish fluids and electrolytes lost through exercise or illness.

**Berries** — Berries are nutritional powerhouses, packed with vitamins, minerals, antioxidants, and fiber to improve heart health, aid digestion, eye, liver health, and boost brain function.