

Healthy Snack Recipes and Other Resources

Fruit Smoothie

- 1 cup mixed fruit
- 1 cup fresh strawberries
- ½ cup milk (or dairy alternative, or juice)
- 6-8 large ice cubes
- 1 container or ½ of yogurt
- 1 tsp honey

Strawberry Pineapple Banana Smoothie:

- 1 cup Strawberries
- 1/2 cup Pineapple
- 1 Banana
- 2 cups Orange Juice
- 1/2 cup Greek Yogurt
- 1 cup Spinach optional
- 1 Tablespoon Chia or Flaxseeds (optional)
- Ice

Chocolate Powerhouse Smoothie:

- 1 cup Coconut Milk
- 1 scoop Chocolate Protein Powder
- 1/2 cup Blueberries
- 1 cup Spinach
- 1 Banana
- 1 Tablespoon Almond Butter
- Ice

Visit [this site](#) for even more healthy recipes!



HEALTHY SUPERFOODS:

- **Kale** – Insanely low in calories, powerful antioxidant with anti-inflammatory properties, and helpful for arthritis and autoimmune diseases
- **Spinach** – The beauty of spinach lies in how easy it is to disguise the taste. It's mild tasting yet packed with vitamins, has anti-cancerous properties, and is one of the healthiest foods on the planet
- **Blueberries** – One of the highest antioxidant capacities of all fruit which helps to combat free radicals in your body
- **Strawberries** – Just one serving provides more Vitamin C than an orange while being low in natural sugars
- **Greek Yogurt** – Double the protein and half the carbs as regular yogurt
- **Cucumber** – Since it's 95% water, it's an incredible detoxifier and helps with liver and kidney function
- **Lemon** – One of the most important items to stock in your kitchen s it's a highly effective cleansing agent and cuts through the bitterness of greens
- **Banana** – An essential in smoothies as it adds creaminess, a touch of sweetness, and helps you feel full longer plus, it's rich in potassium and fiber and gives you natural energy
- **Turmeric** – Anti-inflammatory and antioxidant properties
- **Ginger** – Aids in digestion and supports the immune system
- **Chia + Flaxseeds** – Rich in Omega-3 and fiber benefits