**Benefits of Smoothies**
- Easy way to obtain daily fruits and vegetables.
- Helps with weight loss.
- Assists with detoxification processes.
- Builds muscle and enhances athletic performance.
- Improves complexion, hair, and nails.
- Strengthens immune system.
- Improves sleeping.
- Promotes brain health.
- Reduces cravings.
- Improves cardiovascular system.

**Immunity Superfood Smoothie**
*(makes 2 18 ounce servings)*

2 1/2 cups frozen strawberries  
1/2 cup dried white mulberries  
2 tablespoons chia seeds  
2 teaspoons maqui berry powder  
1/2 cup mashed soft silken tofu  
1/4 teaspoon fresh lemon zest  
2 tablespoons freshly squeezed lemon juice  
1/4 cup unsweetened almond milk  
1/4 cup apple juice  

**Sweetener to taste (optional) agave or stevia**

**Ingredients and their benefits**
- **Berries**
  - blueberries, strawberries, blackberries, raspberries, cranberries, and grapes  
  - Contain particular antioxidants that decrease inflammation and phytoneutrants that help fight disease.
- **Tropical Fruits**
  - papaya, kiwi fruit, pineapple, avocado, coconut, pomegranates, mangosteen, and mangoes  
  - Sources of vitamin C, potassium, folate and manganese, which keeps your bones, blood sugar, thyroid gland and nerves healthy.
- **Drupes Fruits**
  - cherries, apricots, peaches and plums  
  - Provide beta carotene, potassium and vitamin C. Beta carotene helps your vision and immune system function properly.
- **Melons**
  - watermelon, cantaloupe, honey dew and casaba  
  - Melons reduce inflammation, blood pressure, builds immunity, and contains antioxidants.
- **Acai Berries**
  - High level of antioxidants, fights free radicals and aging, and is rich in vitamins, minerals, and amino acids.
- **Goji Berries**
  - Contains protein, fat, and carbohydrate with over 20 vitamins. Supports vision, aids immune system, improves memory, and is a potent anti-carcinogen.
- **Maqui Berries**
  - Highest level of antioxidants of all fruits. Contributes to weight loss, improves cardiovascular health, and provides a natural immune boost.
- **Mulberries**
  - Best natural source of reservatrol that prevents aging, enhances cardiovascular health, and circulation.
- **Camu berries**
  - Nature’s number one source of vitamin C, is immunity boosting, and is an anti-viral, anti-bacteria, and anti-fungal agent.
- **Sea Buckthorn Berries**
  - A skin-regenerating food for such conditions as psoriasis. High vitamin C and anti-inflammatory, antioxidant agent with omega 7.
- **Tart Cherry Juice**
  - A natural source of melatonin that helps with insomnia, aids muscle recovery, and regulates blood sugar levels.
- **Pomegranate**
  - Protects against cancer, heart disease, and osteoarthritis. Has three times the antioxidants found in red wine and green tea. Powerful anti-viral and anti-bacterial properties.

**Ingredients and their benefits**
- **Hemp Seed**
  - Contains protein, all eight amino acids, omega 3 for heart and skin health, and will balance hormones.
- **Chia Seed**
  - Contains health fats, high fiber content, and antioxidants. Promotes weight loss, sustainable energy, and longevity.
- **Flax Seed**
  - Contains fatty acids to keep the brain healthy, act as an anti-inflammatory agent, and assists with joint health. It has vitamin E for healthy skin, colon, and balances hormones.
- **Maca Powder**
  - Supports the adrenal glands to balance hormones, enhance energy, and endurance. Benefits the endocrine system, including the thyroid.
- **Lacuma Powder**
  - Stimulates the immune system and provides endurance and bone health.
- **Mesquite Powder**
  - High in protein and effective in balancing blood sugar. It will cleanse the digestive system, and is helpful in boosting the immune system.
- **Cocoa Powder**
  - It is energizing and a mood enhancing. Increases the serotonin level in the brain that provides a positive outlook, emotional health, and restful sleep.
- **Wheat Grass**
  - Contains an abundance of antioxidant chlorophyll to detoxify the body, promote circulation, and overall energy.
- **Chlorella Powder**
  - An edible algae made up of protein, vitamin A, K, D, and B. It has detoxifying properties.
- **Avocado**
  - Contains carbohydrate and heart healthy fats. Will lower cholesterol levels, protect eyes, prevent cancer, relieve arthritis, and assist in losing weight.
- **Kale**
  - Powerful antioxidant and anti-inflammatory food. Lowers cholesterol levels and good for detoxifying the body.
- **Broccoli**
  - Powerful antioxidant that prevents cancer, reduces cholesterol levels, promotes bone and heart health, and detoxifies the body.
- **Tomato**
  - Helps combat free radicals known to cause cancer. Promotes heart health and lowers blood sugar levels. Prevents skin damage, reduces constipation, and may help with depression.
- **Spinach**
  - Nourishes the eyes and builds bones, aids with digestion, and flushes out toxins from the colon.
- **Carrots**
  - Improves vision, anti-aging, promotes healthy skin, lowers risk of heart disease, lung, breast, and colon cancer.
- **Bok Choy**
  - High in antioxidants that protect the eyes, bones, and heart. May reduce the risk of breast, prostate, lung and digestive tract cancers.

**Smoothies**

**Heart Health Smoothie**
*(makes 2 16 ounce servings)*

1/4 cup blueberries  
1/4 cup dried mulberries  
2 tablespoons hemp seeds  
3 tablespoons acai powder  
1 teaspoon wheatgrass powder  
1/4 cup mashed avocado  
2 cups coconut water  
2 cups ice  

**Sweetener to taste (optional) agave or stevia**

**Ingredients and their benefits**
- **Berries**
  - Contains all eight amino acids, omega 3 for heart and skin health, and will balance hormones.
- **Chia Seed**
  - Contains health fats, high fiber content, and antioxidants. Promotes weight loss, sustainable energy, and longevity.
- **Flax Seed**
  - Contains fatty acids to keep the brain healthy, act as an anti-inflammatory agent, and assists with joint health. It has vitamin E for healthy skin, colon, and balances hormones.
- **Maca Powder**
  - Supports the adrenal glands to balance hormones, enhance energy, and endurance. Benefits the endocrine system, including the thyroid.
- **Lacuma Powder**
  - Stimulates the immune system and provides endurance and bone health.
- **Mesquite Powder**
  - High in protein and effective in balancing blood sugar. It will cleanse the digestive system, and is helpful in boosting the immune system.
- **Cocoa Powder**
  - It is energizing and a mood enhancing. Increases the serotonin level in the brain that provides a positive outlook, emotional health, and restful sleep.
- **Wheat Grass**
  - Contains an abundance of antioxidant chlorophyll to detoxify the body, promote circulation, and overall energy.
- **Chlorella Powder**
  - An edible algae made up of protein, vitamin A, K, D, and B. It has detoxifying properties.
- **Avocado**
  - Contains carbohydrate and heart healthy fats. Will lower cholesterol levels, protect eyes, prevent cancer, relieve arthritis, and assist in losing weight.
- **Kale**
  - Powerful antioxidant and anti-inflammatory food. Lowers cholesterol levels and good for detoxifying the body.
- **Broccoli**
  - Powerful antioxidant that prevents cancer, reduces cholesterol levels, promotes bone and heart health, and detoxifies the body.
- **Tomato**
  - Helps combat free radicals known to cause cancer. Promotes heart health and lowers blood sugar levels. Prevents skin damage, reduces constipation, and may help with depression.
- **Spinach**
  - Nourishes the eyes and builds bones, aids with digestion, and flushes out toxins from the colon.
- **Carrots**
  - Improves vision, anti-aging, promotes healthy skin, lowers risk of heart disease, lung, breast, and colon cancer.
- **Bok Choy**
  - High in antioxidants that protect the eyes, bones, and heart. May reduce the risk of breast, prostate, lung and digestive tract cancers.

**Beauty Smoothie**
*(makes 2 16 ounce servings)*

3 tablespoons dried goji berries  
1/2 cup Medjool dates pitted (about 3-4 large fruits)  
1 1/2 cups prepared green tea (chilled)  
1 cup frozen blueberries  
1 cup frozen strawberries  
1 teaspoon vanilla extract  
1/4 cup chia gel  

**Sweetener to taste (optional) agave or stevia**