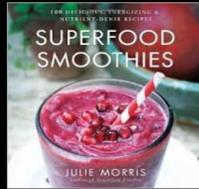


SUPERFOOD SMOOTHIES

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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 Recipe*

(makes 2 18 ounce servings)

2 1/2 cups frozen strawberries

1/4 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

1/2 cups unsweetened almond milk

3/4 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 phytonutrients that help fight disease.

❖ Tropical Fruits

papaya, kiwi fruit, pineapple, avocado, coconut, pomegranates, bananas, and mangoes

Sources of vitamin C, potassium, foliate 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.

❖ Pomes Fruits

Apples and pears, which contain vitamin A & C and potassium to provide sustained energy.

❖ 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 immunity boost.

❖ Mulberries

Best natural source of resveratrol 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 great 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.

Heart Health Smoothie*

(makes 2 16 ounce servings)

1/2 cup frozen blueberries

1/2 cup dried mulberries

2 tablespoons hemp seeds

3 tablespoons acai powder

1 teaspoon wheatgrass powder

1/2 cup mashed avocado

2 cups coconut water

2 cups ice

Sweetener to taste (optional) agave or stevia

Smoothies



Beauty Smoothie*

(makes 2 16 ounce servings)

3 tablespoons dried goji berries

1/4 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

1/2 cup chia gel

Sweetener to taste (optional) agave or stevia

* Morris, J. (2013). *Superfood smoothies*. New York: Springer.