

Eat Well – Foods



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Green Smoothie

This is a great and simple way to do something positive for your health! Whether you are looking to build energy, support your digestion or to simply boost your nutritional status this great tasting – although very green – smoothie is a great option.

As the smoothie still contains the plant fibre (unlike juicing) the sugar in the fruit will be slowly absorbed and released for sustained energy rather than a large burst (or sugar spike) all at once.

Ingredients

- 1 to 2 handfuls of green leafy vegetables. Can be a combination of one or more of the following: baby spinach, parsley, cos lettuce, kale or beet tops.
- 1 small handful of frozen/fresh raspberries or blueberries OR
- 1 small banana or apple
- 1 to 2 teaspoons of Changing Habits green powder (we recommend changing habits products because they are whole foods!)

Method

Blend all ingredients with 400ml of water until very smooth. (you may need to experiment a little with more or less water or any of the ingredients to get the right taste for you.) **Drink and enjoy!! This will make enough for 2 people.**

Optional extras

- little grated ginger
- little grated tumeric
- 1 tablespoon of Changing Habits organic colloidal minerals
- 1 to 2 teaspoons of Changing Habits inca inchi protein powder

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