

SUPER GREEN BREAKFAST SMOOTHIE

(Note- This 100% plant-based, Vegan Smoothie is a good breakfast option for those who have Diabetes, High Cholesterol, Heart disease, High Blood Pressure, and Fatty liver disease)

Super green smoothie is a rich source of :

- **Antioxidants**- The cleansing agents that get rid of waste products from body cells and minimize inflammation (swelling).
- **Minerals**- The smoothie is rich in essential minerals such as calcium, Magnesium, Potassium, and iron.
- **Vitamins**
- **A right balance of protein, low glycemic carbohydrates, and healthy plant fats.**
- **Alkalinizing elements**- Vegetables and fruits are highly alkaline foods. In contrast, animal food products such as milk and meat and refined sugars make the body acidic. The human body is alkaline, the alkaline diet promotes health, and acidic diet encourages disease.

Ingredients of Smoothie for two medium glasses :

(The smoothie is 100% plant-based, no milk products, no added oils or protein powder supplements).

- **One cup packed with two green vegetables**- select from Spinach, kale, Bokchoy, green coriander leaves/ few mint leaves. Avoid salad green with high water content and bitter green vegetables like mustard and Methi. Spinach and fresh coriander with mint are the best options.
- **One cup packed with a mix of two fruits**- Banana is the preferred fruit. The other choices are mango, pineapple, grapes, apple, pear, and any other seasonal fruit of your choice.

Do not use high water content fruits such as watermelon and cantaloupe or musk melon, which may affect the creamy consistency of the smoothie. Never add high glycemic dried fruits such as dried figs or apricots or dates.

- **Soaked almonds (5-7 pieces) and walnuts (2-3 pieces)**– Can also add 5-6 pieces of dry cashews.
- **Avocado (optional)**- If available, add only a quarter of the fruit. Too much avocado will make smoothie too thick.
- **Herbal spice boost**- Add a teaspoon of super herbal spice mix, which is rich in anti-inflammatory antioxidants. (see the recipe)
- **Ashwagandha Powder (optional)**– One teaspoonful.
- **Water**- Use two cups.

Blend all the above ingredients in a high powered blender, so the mixture is smooth and creamy.

Chia seeds (Subja) – Add one teaspoonful of chia seeds to the blender. Let the smoothie sit for 5 minutes, so the chia seeds become soft. Add more water if needed to bring it to the consistency of your choice.

- **Garnish (optional)** - To make smoothie look more appetizing, you may garnish it with saffron, cardamom, and pistachio powder.
- Use different choices of ingredients to make smoothies of varying taste each day.