

Superfoods and Smoothies

Health in a Glass, by Hanli Prinsloo



Aloe Vera, bee pollen, blue-green algae, cacao, camu camu, goji berries, green foods, maca, medicinal mushrooms, noni, rice protein, sea vegetables, apples, avocados, beans, beetroot, blueberries, broccoli, green tea, kiwi, lemon grass, oats, orange, papaya, pumpkin, soy, spinach, tomato, walnut, and yoghurt.

What are Superfoods?

Foods that appear to offer additional health benefits beyond simple nutrition. There really isn't one standard definition for superfoods, but they usually are some combination of the following:

- Low in calories.
- Contain substantial amounts of omega-3 fatty acids or monounsaturated fatty acids.
- High in fiber.
- Contain phytochemicals that have been found to have the potential to prevent disease in laboratory or clinical research.
- Rich in vitamins and minerals.
- Low in unhealthy substances such as saturated fats, trans-fats or refined sugars.

The Red One: (Energy!)

500ml of springwater (or coconut milk/ almond milk)
 1 cup of organic frozen strawberries
 1 organic frozen ripe banana
 1 tbsp maca root
 1 tbsp of hemp seeds or flax seed oil
 handful of cacao beans
 handful of soaked almonds

The Orange One: (Immunity!)

500ml of springwater (or coconut milk/ almond milk)
 1 whole organic orange (peeled)
 1 whole lime (peeled)
 1 organic frozen ripe banana
 1 tbsp maca root
 1 tbsp of hemp seeds or flax seed oil
 1tbsp of Goji berries

The Green One: (Strength!)

500ml of springwater (or coconut milk/ almond milk)
 1 organic frozen ripe banana
 2 large kale or spinach leaves
 1 tsp spirulina
 1 tbsp maca root
 1 tbsp of hemp seeds or flax seed oil
 5 organic brazil nuts

Sweeter Optional: 1 tbsp of raw honey, handful of organic dates, 1 tbsp of vanilla bean

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* ice can be added to the smoothie to make it cold and refreshing. The fruits needn't be frozen, again just makes for a cool drink. Enjoy and be creative!