

breakfast smoothie sensation | 3 SUPER FOODS & READY IN 4 MINUTES

(16-20 oz serving)

8 oz rice, soy or almond milk
1 scoop protein powder
1 small banana
1 cup **greens** (try baby spinach or a bag of dark mixed greens)
4 oz filtered water or a handful of ice if desired
handful berries (optional)

+superfoods

1-2 Tbsp **chia seeds**
¼ tsp (1 serv) **organic sencha green tea powder**

Mix all in a blender & enjoy!

QUICK PREP	★★★★★
EASY PREP	★★★★★
NUTRITION	★★★★★
ECONOMICAL	★★★★☆

Bonus Tips:

- Trader Joe's has great prices on plant milks
- Find a bag of mixed greens in the salad section & store it in the freezer
- Find chia & green tea powder at www.EmeraldCityTea.com

goal:

Avoid the standard breakfast of high refined carbs (breads, cereals, some grains) that only serve to spike insulin levels, which tell the body to store glucose as fat, and lead to sharp drops in energy and focus.

nutrients:

Organic sencha green tea powder (or ground leaves) provide a huge dose of antioxidants that aid in inflammation, increase energy and boost metabolism. The compound unique to green tea, EGCG, is what most researches feel help the body fight cancer, heart disease and many inflammatory conditions. Only 1% of EGCG makes it into brewed water making an organic whole food source essential.

Chia seeds, a better source than flaxseed for protein, fiber and omega 3's. Best of all they don't need to be ground and they don't go rancid for years.

Quality protein helps rebuild muscle, provide all essential amino acids, regulates blood sugar for balanced energy and jumpstarts your metabolism.

Greens are high in vitamin K (essential for blood clotting and absorption of calcium), vitamin A (vision, viral infections), vitamin C (immune support, 1 c supplies 88% of daily vit C needs), Calcium (healthy bones w/out the problems of dairy), fiber. Consumption of cruciferous vegetables, such as kale, is known to reduce the risk of a number of cancers, especially lung, colon, breast, ovarian and bladder cancer.

Go to www.HealthyAlterEgo.com and search on "Healthy Food Experience" to find all HFE recipes.