



## LEAFY GREEN BOOSTER SMOOTHIES

Green smoothies are packed with fiber, which lowers cholesterol and glucose levels. They help you feel fuller longer and regulates your body's cleansing process. It's a tasty way to give your body a full booster of vital nutrients like vitamin A, vitamin C, folate and potassium. Vital healthy food for a vital healthy body.

### VITAMINE C BREAKFAST

One handful of kale  
1 banana  
1 cup of fresh pineapple  
1 Tbsp honey  
1 Tbsp sugar free peanut butter  
A dollop of vegan coconut yoghurt  
1 cup of almond milk or any favorable plant-based milk.

Mix the kale and milk in blender first to avoid the leafy kale to be cut in chunks, then add all the other ingredients and mix until smooth. Add more milk if needed.

### AFTERNOON DELIGHT I

½ avocado  
1 cup of pineapple  
Handful of basil leaves  
1 Tbsp raw cacao  
1 teaspoon chia seeds  
1 cup of almond milk or any favorable plant-based milk

### AFTERNOON DELIGHT II

½ avocado  
1 banana  
Handful of spinach  
1 Tbsp goji berries  
1 Tbsp chia seeds  
1 cup of almond milk or any favorable plant-based milk

Mix all ingredients in blender and enjoy either one of these scrumptiously delicious afternoon energy boosters. Add more milk if needed.