

Green Smoothie



- 4 banana's
 - 4 fresh Medjool dates (pits removed)
 - 1 handful of greens (organic cos lettuce or spinach or silverbeet or kale)
 - 1 ½ cups water
 - 1 tablespoon of cacao powder (optional)
- BLEND until smooth

Options

1 tablespoon of flaxseeds (linseeds) you can grind these in a coffee grinder first if you prefer.

Flaxseeds are a Superfood and are high in Omega 3's. Flaxseeds contain many beneficial nutrients, such as protein, fibre, vitamins, minerals and omega-3 fatty acids in the form of lignans. Lignans have been recently discovered to have anti-cancer properties, as well having antibacterial, anti-fungal, and antiviral properties. Lignans are phytoestrogens, which have a positive hormone-like action in the body. Lignans have very strong antioxidant properties as well as strong anti-cancer properties. Studies have shown that phytoestrogens can possibly prevent some types of cancer, including oestrogen-dependent breast cancer, as well as colon and prostate cancer.

1 tablespoon Cacao Powder

Another Superfood, adding Cacao Powder to your smoothie will give it a chocolately flavour with the added benefit of many key nutrients that enhance physical and mental well-being. Cacao Powder also contains more antioxidant flavanoids than Red Wine, Green Tea and Blueberries. Other essential minerals present in Cacao are Calcium, Zinc, Iron, Copper, Sulfur, and Potassium. Cacao also contains many chemicals that enhance physical and mental well-being, including alkaloids, proteins, magnesium, beta-carotene, leucine, linoleic acid, lipase, lysine, and some neurotransmitters such as dopamine and anandamine.

Not that keen on Green? Make your Green Smoothie PINK by adding half a Dragon Fruit or a big handful of raspberries. But please try to move past the colour and enjoy the nutritional benefits of Greens!

KEY:



Blender required

DEGREE OF DIFFICULTY:

Easy-peasey



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