

# A *good day* Smoothie

Now you can make Jessie Pavelka's favorite energy boost!

This smoothie combines all the nutrients you need to support all around health, but specifically your gut health. Why? Because a healthy gut supports a healthy mind.

## Ingredients:

1. 1 cup of frozen berries
2. 1 handful of brassica vegetables for example broccoli, cauliflower, kale, swiss chard, bok choy or collard greens
3. 1 handful of nuts or 2-3 tbs of seeds - walnuts, pecans, cashews sunflower seeds, hemp seeds, flaxseed are all great choices
4. 1 – 2 scoops of vanilla protein powder
5. 1 tbs of cinnamon
6. 2 – 3 cups water

## Method:

1. Blend thoroughly and ENJOY!

## Additional ingredients that you could consider adding to personalize your smoothie:

- Psyllium Husk – This is high in fiber and supports digestion.
- Nut or plant-based milk – These can add additional flavor and nutrients, especially if they are enriched which may be useful if you are following a plant-based diet.
- Honey – This will add additional sweetness, try to find locally sourced and add no more than 2 tsp.



## How does this super smoothie give you energy, support your own gut and build better mental health?

- Berries have a low Glycaemic Index (GI) and therefore, help keep your blood sugar balanced. They are also high in antioxidants, fighting free radicals/toxins that are caused by external pollutants and stress.
- Brassicas are high in fiber, keep you feeling full, provide clean and efficient energy, so great for gut health and mental health.
- Nuts and seeds are high in good fats; polyunsaturated and monounsaturated fats, and specifically Omega 3 fats. These fats support heart health, brain health, immune support and more.
- Protein supports the rebuilding/repairing of muscles and tissues and helps to stabilize your blood sugar when eating carbohydrates.
- Cinnamon is said to support blood sugar balance which in turn support mood stability and cravings.

