

Coconut Walnut Balls

From: *The World's Healthiest Foods*

Ingredients:

2 cups walnuts (heart-healthy monounsaturated fats)
1 cup soft pitted dates (natural sweetener)
3 tbsp fresh lemon juice and 1 tbsp zest (very alkaline, cleansing)
1/8 tsp sea salt (minerals)
1/3 cup coconut, unsweetened and grated for coating (immune/heart support, weight loss)

Directions:

Coarsely chop nuts in food processor. Add dates, lemon juice, zest and salt. Run until well combined and stop when it sticks together.

Roll into small balls and coat with grated coconut. Refrigerate for up to 1 month (but they won't last that long!!)

Enjoy!

Laurie Burrows RHN

Beginner Green Smoothie (Cathy Fleishman)

Ingredients:

1 kiwi (skin on for more fiber IF organic)
1 slice fresh pineapple (approx 3/4" thick) (include core for more enzymes)
1-3/4 cups purified water (could also use coconut water)
1/2 cup frozen mango
1/2 frozen or fresh banana
1 large baby bok choy- leaves and stems (split in half lengthwise and cut core out in triangle) (could also use 1-2 cups spinach or kale)

You can stop here or add:

1 tsp bee pollen
1 tbsp sesame seeds (raw brown or black)
1 tbsp chia seeds (ground is best)
1 tbsp ground flax
1 tsp dulse flakes or sea vegetables
1 tbsp coconut oil

Directions:

If you don't have a high powered blender (Vitamix or Blend Tec), pay attention to how you add the ingredients. It is usually best to add the soft, unfrozen ingredients first and blend with the water before adding frozen fruits and greens. Coconut water acts as an electrolyte due to its potassium, magnesium and calcium content. Protein powder can also be added.

Even though a smoothie is considered a "drink", it is still best to try to chew it as well. The act of chewing stimulates the saliva and digestive enzymes. Change the recipe around to suit your taste buds. Keep fruit to a minimum though and focus on those greens!!!

Enjoy in good health!!

A nutritious green pear smoothie recipe for breakfast

By Marni Wasserman

It only takes 10 minutes to absorb all the healthy nutrients your body needs. Try this sensational smoothie recipe for your daily dose of fruits and veggies



Photo credit: Marni Wasserman

Being stuck in the dead of winter doesn't mean you can't enjoy a dose of fresh fruits and veggies. And what better way is there to do it than with a delicious smoothie?

Smoothies are refreshing and energizing first thing in the morning – or any other time of day, for that matter – and should be packed full of raw organic fruits, vegetables, and superfoods!

Drinking a smoothie is the easiest way to absorb a whole bunch of nutrients all at once. They are full of fibre and vitamins and, depending on what you put into it, you can also get your daily dose of protein, antioxidants, and healthy fats.

So, why not drink your next meal? A smoothie can fill you up and give your body the nutrition and vitality it requires to thrive. **Here are five reasons why you should make more smoothies.**

Smoothies are:

Time savers Smoothies take all of five to 10 minutes to make (depending on how prepared you are), can be taken on the go, and will last all day in a stainless steel bottle.

Easy to absorb Liquids are easier to digest and allow nutrients to absorb into your cells for immediate uptake.

All-in-one You can get a whole lot of goodness into one blender – nutrients, protein, carbohydrates, and fat. Also be sure to add a handful of greens into your daily blend – it's the easiest way to eat a veggie.

Super fun Enjoy the process by getting creative with colourful ingredients and textures. For example, try adding granola and eat it with a spoon!

Liquid energy Use superfoods to give you a boost (no, *not* Booster juice!). Make your own blend and enjoy in the morning, afternoon, or before or after a workout.

Here are five simple steps for making the perfect smoothie every day, as well as a recipe to get you started. This can be made in any blender, but a Vitamix or BlendTec is highly recommended.

1. Start with two cups of liquid – water, rice milk, almond milk, hemp milk, coconut water, or milk.
2. Choose your protein (2 tbsp or more) – raw brown rice protein (I like Sun Warrior), hemp protein, hemp hearts, or almonds
3. Choose your fruit (1/2 to 1 cup of either) – blueberries, raspberries, banana, pear, pineapple, mango, avocado, or dates
4. Choose your green (one handful) – spinach, kale, chard, sprouts, cucumber, or 1 tsp greens powder, spirulina, or chlorella
5. Choose your superfoods – (1 tbsp of one or more) goji berries, cacao nibs, maca, mesquite, hemp seeds, raw honey, chia seeds, or matcha green tea

Green Pear Smoothie

Ingredients:

2 cups coconut milk or coconut water
1 banana
1 ripe pear
1-2 tbsp lime juice
1 large handful of spinach
1 tbsp raw honey
½ cup ice cubes

Directions:

Place all the ingredients into a high-powered blender and blend until smooth. Serves two lucky people.