



# Sara Galipeau

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## Recipe of the Month

**April:**

### **Raspberry Avocado Mojito**

*This refreshing green smoothie is high in iron, potassium, vitamin C, B vitamins including folate, antioxidants, fibre, protein, and healthy fats; and is a great low-sugar option for those watching their intakes. Great for or as a complement to breakfast, or as a post-workout or post-workday snack.*

#### **Ingredients:**

- ¼ to ½ ripe avocado (¼ if you want thinner, ½ if you want creamier)
- 1 cup fresh or frozen organic raspberries
- ½ banana (*optional* if the smoothie is too tart for your taste; omit for lower sugar)
- Handful organic baby spinach or other baby greens
- 2-3 sprigs organic mint leaves
- Juice or peeled fruit of ½ fresh lime
- 1 Tbsp. hemp seeds
- 1 cup liquid: *choose from* coconut water, chilled mint tea (can reduce or omit mint leaves with this option, or use both if you like it more minty), or kombucha (if fizziness is desired)

#### **Directions:**

Place all ingredients in your blender and blend until smooth. If you don't have a high-powered blender, you may need to blend for longer for a smoother texture.

#### **Smoothie tips for immersion/hand/stick blender:**

This recipe also works with an immersion blender – blend the leafy greens (this includes mint leaves if using) with ½ the liquid first until they are liquefied. You may need to scrape greens off the blender head a few times. Then add the remaining ingredients. If you're using frozen berries, let them thaw out a bit first to make blending easier.

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