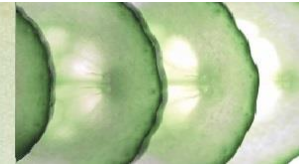


Sara Galipeau

Registered Holistic Nutritionist



Anti-Inflammatory Cherry Berry Basil Smoothie

This smoothie not only tastes great, but it's loaded with ingredients to tone down inflammation and boost tissue repair! Dark red and purple fruits like berries are rich in anthocyanins, which can help to reduce oxidative stress such as that incurred after an intense workout. Avocado is high in healthy fats that help reduce inflammation, as well as B vitamins that help the adrenals cope with stress and the liver metabolize efficiently. Basil contains anti-inflammatory compounds and is rich in minerals like calcium and iron. Coconut water is high in potassium, which is an electrolyte, helping maintain proper fluid balance in the cells, and alkalizing mineral, which helps reduce the stress of high-acid foods and metabolites on the body. All in all, this smoothie is fantastic for post-workout recovery! Add in a protein powder high in the amino acid l-glutamine for additional tissue repair.

Ingredients

- ½ cup frozen cherries & berries mix
- ¼ ripe avocado
- Handful organic spring mix greens
- 1 sprig basil leaves (approx. 4-6 large leaves)
- 1 scoop vanilla or unflavoured protein powder
- 1 Tbsp. hemp seeds
- ½ cup coconut water + ¾ cup filtered water OR 1¼ cup filtered water
- Optional add-ins: 1 tsp. bee pollen, 1-2 tsp. algal DHA or flavoured fish oil, ½ tsp. matcha tea powder

Combine all ingredients in a blender and process until smooth. This smoothie can be prepared a few hours prior to drinking (e.g. to have ready in your gym bag post-workout), but is best consumed immediately.

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