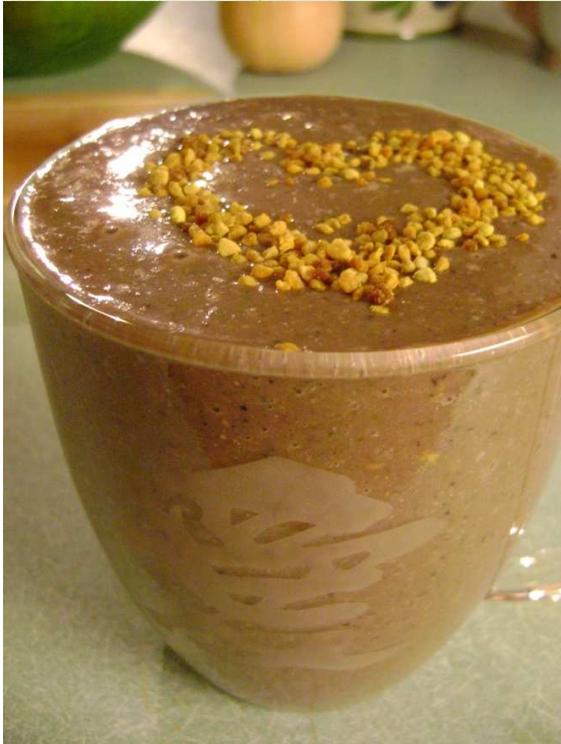


Sara Galipeau

Registered Holistic Nutritionist



Sweetheart Blood Orange Creamsicle Smoothie

This not-so-green smoothie gets its sweetheart pink colour from raspberries and optional red chard stems. Your heart will appreciate this tasty treat, too – chard, bananas, and oranges are all rich sources of the B vitamin folate, which can help prevent heart attacks and stroke by reducing homocysteine levels and maintaining arterial flexibility. Folate is also an important factor during pregnancy for healthy fetal nervous system development. This recipe makes enough for 1 large or 2 smaller smoothies – why not serve it up to your sweetheart for Valentine’s Day?*

Ingredients:

- 1 blood orange, peeled, cubed, and seeds removed
 - ½ to 1 smallish banana
 - ½ cup frozen organic raspberries (for best colour)
- 1 to 2 large leaves organic red Swiss chard (optional add-in: chop up the red stems to throw in for better colour)
 - 1 scoop vanilla or unflavoured plant-based protein powder (I like vanilla Vega Sport for adding more “creamsicle” flavour in this smoothie!)
 - 1 to 2 Tbsp. hemp seeds
 - ½ cup unsweetened almond, coconut, or hemp milk + ¾ cup filtered water or coconut water
 - *Optional add-ins: 1 tsp. bee pollen, 1-2 tsp. citrus algal DHA or fish oil, 1 scoop or packet plain or fruit-flavoured greens powder*

Combine all ingredients in blender until smooth. Serve.

This is a preview recipe for the NEW FREE Love Plants for Life 10-day Green Smoothie Challenge, kicking off Sat Feb 15. Registration for the Challenge runs from Mon Feb 10 through Thu Feb 13. [Subscribe](#) to my Newsletter to be notified when registration goes live, and to get the latest updates on new workshops, recipes, blog posts, and more!

You can also join me for the Green Smoothies for Everyday Cleansing Workshop on Sat Feb 8. See the [Workshops](#) page for more details and to book your seat.

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*<http://americannutritionassociation.org/newsletter/folic-acid-heart-health>