



Sara Galipeau

Registered Holistic Nutritionist
Ottawa, Ontario

Recipe of the Month

January:

Spiced Green Apple Smoothie

After all the indulgences of the holidays, we could all use a break, and surely your liver could use some help. This vibrantly-coloured smoothie is packed with green foods – which your liver loves!

Choose a quality protein powder – it can be plant-based, or choose a whey isolate – that is unsweetened, or uses natural sweeteners like stevia.

This smoothie makes a great breakfast, or post-workout snack!

Ingredients

- 1 medium granny smith apple
- ½ cup baby spinach leaves (1 handful)
- 1 Tbsp. sunflower seed butter
- 1 scoop good-quality vanilla protein powder (such as Vega Sport Performance Protein vanilla)
- 1 scoop organic wheatgrass powder
- ¼ tsp. each cinnamon & ground ginger
- 1 cup unsweetened coconut milk (such as So Delicious or Coconut Dream, not the stuff in a can!)
- 4-5 ice cubes if desired

Directions

- Combine all ingredients in a blender or food processor.
- Blend until smooth.
- Serve with a straw.

Makes 1 serving.

Sara Galipeau, RHN, ARHN

saragalipeau.ca