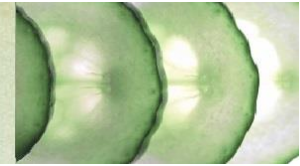


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Summer Strawberry Romance

Is there anything that says summer more than local strawberries fresh from the farmers' market? This is a great time to find them! If you have lots leftover from your annual strawberry jam- and pie-making endeavours, this is one great way to enjoy them.

Strawberries are very high in vitamin C – giving you a day's worth in just 8 berries! Along with avocado, pumpkin seeds, and raw cacao, this refreshing smoothie is also loaded with zinc, a mineral important for healthy brain function and reproductive health, as well as B vitamins and magnesium, great for metabolism, menstrual health, and reducing the physical effects of stress. Feel the love!

Ingredients:

- ¾-1 cup fresh or frozen local and/or organic strawberries
- ¼-½ ripe avocado
- Handful organic baby kale or chard
- 2-4 sprigs fresh mint leaves
- 1 scoop or packet unflavoured, chocolate, or berry protein powder
- 1 Tbsp. raw pumpkin seeds
- 1½ cups unsweetened almond, hemp, or coconut milk OR ½ cup same + ¾ cup coconut water
- 3-4 ice cubes (if not using frozen berries)
- *Optional add-ins:* 1 Tbsp. organic raw cacao nibs or powder, 1-2 tsp. algal DHA or fish oil, 1 packet or scoop greens powder

Combine all ingredients in your blender and process until smooth.

Fun variation: Pour the smoothie into a popsicle mold and freeze for a few hours for a healthy alternative to store-bought frozen bars. Stir in additional pieces of chopped strawberries and dark chocolate chips after blending if desired, prior to pouring into mold.

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