Berry Chia Smoothie
Now with spinach!!

**Spinach**
- High in potassium, magnesium, vitamin k, and vitamin C
- Respectable amounts of lutein, carotene and folic acid
- 115 mg Calcium in ½ cup

**Blackberries**
- High in gallic, rutin, and ellagic which give them anti-viral and anti-microbial properties
- High antioxidant levels, vitamin c, fiber, and high levels of anthocyanins

**Chia Seeds**
- High in EPA, DHA
- 5g of fiber, 3grams of protein in one tablespoon
- Helps lower blood glucose levels by converting carbohydrates in sugar
- Respectable amounts potassium, calcium, iron, phosphorus, and manganese

**Kefir**
- Enhance immune system
- Balance digestive health with essential live and active probiotics
- Excellent source of protein, calcium, vitamin D, and fiber
- Lactose intolerant friendly!

**Strawberries**
- Antioxidant and anti-inflammatory properties
- Research shows benefits to be cardiovascular support, lower blood sugar, and anti-cancer properties
- Similar phytonutrients to blueberries and blackberries

**Blueberries**
- High in vitamin k, manganese, vitamin c, fiber, high in phytonutrients
- Most popular for Anthocyanins
- Has antioxidant and anti-inflammatory compounds
- Shown to reduce cholesterol

**Bananas**
- Very high in potassium
- 467 grams per Bananas
- Has properties for cardiovascular protection, soothing protection from ulcers, helps with constipation

**Kiwi**
- High in vitamin C
- High phytonutrient contents
- Contains flavonoids and carotenoid that demonstrate anti-oxidant properties
What’s *super* about the elements of our smoothie???

As the smoothie recipe calls for a variety of berries, bananas, and kiwi, the smoothie has a high content of vitamin C and phytonutrients. Below we have listed the benefits of vitamin C, phytonutrients and EPA/DHA.

- **Vitamin C**
  - Reducing severity of osteoarthritis, rheumatoid arthritis, asthma, colon cancer, diabetic heart disease
  - May be useful for preventing ear infections
  - Necessary for healthy function of immune system

- **Phytonutrients**
  - Plant chemicals that have protective and disease preventive properties
  - Anti-oxidants, hormonal support, stimulation of enzymes, ensures cell health, anti-bacterial effects

- **EPA, DHA**
  - Associated with anti-inflammatory properties and reducing the risk of heart disease.
  - Research has also shown to lower the risk of cancer, arthritis, and blood pressure.

### Recipe

1 ½ cups Kefir (blueberry flavored)  
1 tbsp chia seeds  
1 cup strawberries  
¼ cup blackberries  
1 kiwi  
1 banana  
½ cup blueberries  
¼ cup spinach

**Directions**

Blend together in your high-powered blend until smooth and enjoy!

### Nutrient Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
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| Calories               | 501  
| Calories from Fat      | 78  
| Total Fat              | 7.5g  
| Saturated Fat          | 2g  
| Trans Fat              | 0g  
| Cholesterol            | 10g  
| Sodium                 | 132mg  
| Total Carbohydrate     | 100g  
| Dietary Fiber          | 23g  
| Sugars                 | 62g  
| Protein                | 20g  

### Resources:

- **The World’s Healthiest Foods**


- **Berry Health Benefits Network**
  - [http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/blackberry_facts.htm](http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/blackberry_facts.htm)