



BLUE ZONES PROJECT

by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT*

Loma Linda Power Smoothie & Smoothie Bowl

SMOOTHIES ARE A PERFECT WAY TO JUMP-START YOUR MORNING OR FUEL UP AFTER A NICE LONG WALK WITH YOUR MOAI.

Ingredients

- 1 banana
- 1 / 2 cup frozen berries
- 1 cup spinach or other leafy greens
- 1 cup plant-based milk
- 1 spoonful flaxseed (optional)
- 1 spoonful nut butter (optional)
- Protein powder (optional)

Directions

1. Put banana, frozen berries, spinach or other leafy greens, and the plant-based milk into a blender.
2. For some extra fiber, you can add a big spoonful of flaxseed.
3. For some extra protein and fat to keep you full for longer, you can add a nut butter of your choice (almond or peanut butter work great) and protein powder. There are several plant-based protein powders that are delicious!.
4. Blend and enjoy!

Smoothie Bowl Instructions:

1. Add a big handful of ice cubes to the smoothie mixture (recipe above) to thicken it.
2. Pour into a bowl and top with your favorite toppings like sliced banana, fresh berries, granola, chia seeds, and coconut!