

Hello everyone and welcome back to the SHS Wellness Column,

We hope that everyone has come down from the Halloween sugar high and feels ready to implement yet another life enhancing strategy! This week's topic is **SMOOTHIES!**

Never underestimate the power of nutrition and what a profound affect it can have on how you heal and how you feel! Making a smoothie is a great way to quickly and easily pack high density nutrition into a glass and while it takes just seconds to consume it, its benefits last for hours-a pretty good trade off!

There are millions of recipes out there for smoothies but we have to caution you; many of them are sugar bombs that will spike your blood sugar and tax you poor little pancreas to the point where the benefit no longer outweighs the risk

So here's the scoop; You should think of your smoothie as a SPINACH DELIVERY SYSTEM that also contains some healthy FAT that will mitigate the insulin response, feed you cells and give you satiety. You should add some fruit but be careful to not make it too sweet. Our taste buds are habitual little creatures and will like what you feed them-maybe not at first but as you train them, they will comply in most cases.

The beauty of a well composed smoothie is that it contains fiber, along with protein, beneficial fats and an array of vital minerals and vitamins. For most people, this is a better choice than juicing since juice is so high in sugar per unit.

Here's a recipe for 4-6 people to get you started but feel free to experiment and modify the quantities to your needs!

### **"Green Monster"**

Pack a powerful blender half way with spinach; add water and blend until a green liquid.

Add a thick slice of fresh pineapple

½-1 soft avocado

1 small banana

½-1 juicy orange

2-3 scoops of protein; Collagen peptides, whey protein (from grass fed cows) or a veggie protein (although not as complete as the others)

Blend until smooth and enjoy as part of your breakfast, snack or as a meal replacement

Other ingredients you can try are lemon, cucumber, berries, coconut oil, ginger and kale. Have fun with it; get creative and have your kids get involved. We'd love your feedback and feel free to share a recipe that you came up with. You are what you eat so eat well!

Cheers, The Wellness Committee