



MINT CHOCOLATE CHIP SMOOTHIE

Who knew a healthy, superfood-rich smoothie could taste so good?

Serves 2

- 2 bananas
- 1 large can of coconut water
- ¼ cup of Brazil nuts, pumpkin seeds,
or macadamia nuts
- ½ cup of unsweetened shredded coconut
- ¼ cup of hemp seeds
- 4 dates
- 1 cup of fresh mint leaves
- 1 cup of spinach
- 1 handful of ice
- ¼ cup of cacao nibs

Add all ingredients to a blender except cacao nibs.

Blend until smooth.

Add in cacao and blend to mix, about 5 seconds.

**Thin with water if needed. If using frozen bananas, leave out ice.*

Recipe created by Kristen Johnson Brogan, Registered Dietitian & Superfood Chef

**Most ingredients can be found at www.shop.ontargetliving.com or at your local grocery store*

SMOOTHIE SUPERFOODS

Bananas: This perfectly wrapped fruit is high in potassium needed for healthy blood pressure, muscle contraction, and heart health. Studies suggest that bananas also can help to improve memory and boost your mood.

Dates: This perfectly packaged fruit is high in the calming mineral magnesium helping to relax the mind and body. Dates are also high in fiber helping to promote a healthy digestion.

Brazil Nuts: These nuts are high in selenium, a trace mineral essential to immune and thyroid function. Brazil nuts are also high in vitamin E and zinc needed for healthy hair and skin. Selenium combined with Vitamin E helps to reduce skin conditions such as acne and psoriasis while increasing elasticity of the skin, building collagen and preventing against wrinkles and dry skin. Selenium has also been shown to boost hair growth and reduce dandruff.

Pumpkin Seeds: These delicious seeds are high in zinc needed for healthy testosterone levels and reproductive health.

Hempseeds: High in omega 6s (LA & GLA), along with being high in protein. 10 grams of protein in just 3 tablespoons!

Coconut: This healthy saturated fat is high in lauric, capric, and caprylic acids, which all have antiviral and antifungal properties and contribute to healthy digestion, healthy skin, and healthy hair. Coconuts also contain medium chain triglycerides that can aid in a healthy metabolism and cell- turnover.

Coconut Water: This hydrating and delicious beverage is high in electrolytes needed for muscle recovery and performance. Think of coconut water as a healthy replacement to energy or sports drinks. Coconut water has all the benefits of a sports drink without the artificial or harmful ingredients.

Spinach: Spinach is high in antioxidants and vitamin C needed for a healthy immune system. This leafy green is also high in detoxifying, cleansing, and energizing chlorophyll.

Mint: This powerful herb is very soothing on the gut and can alleviate nausea and headaches associated with overwork or high stress. Mint can also help relieve congestion and improve symptoms of asthma. Mint makes an excellent skin cleanser and can prevent the formation of skin cancer cells.

Cacao: Cacao is the unprocessed form of chocolate and is high in the calming mineral, magnesium. Magnesium-rich cacao nibs create a calming effect on the body and can aid in muscle recovery and improve soreness. Cacao nibs are also helpful for getting more beauty sleep and reducing stress.