



**S**pring has arrived! Let's celebrate melting snow and the promise of warmer weather (and all that brings) with a nourishing coconut smoothie.

Loaded with often overlooked white fruits and seeds, this **Creamy Coconut Colada** is chock full of flavour and nutritional goodies.



Coconut milk is a well know nourishing food rich in minerals and fibre that also provides a good level of Vitamin Bs, C, E and healthy fats.

Instead of using regular coconut milk, why not try using coconut yogurt for a change? This kicks up the nutrition one notch with immune protecting probiotics while adding a bit of subtle tangy flavour. Top it with fresh aloe vera and in the spirit of spring cleaning, add some basil seeds, to help cleanse your GI tract.

With the days getting longer and the temperature warming up, our body is also transitioning after a long winter. We are readying ourselves for more physical and outdoor activities. We need good hydration filled with electrolytes and all the complex carbohydrates to spark more energy for the active body to help us revitalize and thrive in the coming months.

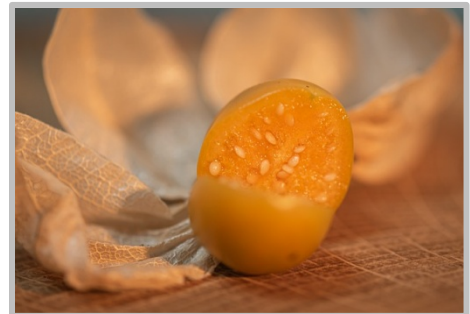


Pears are deliciously hydrating, rich in essential antioxidants, plant compounds, and dietary fiber which help keep our GI system regular. A medium pear is a good source of vitamin C; this fruit also packs in some potassium, vitamin K, copper, magnesium, and B vitamins. Pears, especially those with colourful skins, provide phytonutrients and flavonoids known to help keep inflammation low by neutralizing free radicals protecting us from potential chronic disease such as heart disease and cancer.



Golden berries, also known as Gooseberries, are small orange to yellowish marble size berries, originated from South America. In terms of taste, these berries are sweet, somewhat like pineapple or mango. The real value of this fruit is the concentration of antioxidants: polyphenols and carotenoids. Golden berries help to improve heart health by lowering inflammation of the arteries and blood vessels & preventing the development of atherosclerosis and coronary heart diseases, which helps lower blood pressure & further decreases the symptoms of hypertension. Result: gives relief to your heart.

**Fun Fact:** Golden berries are more closely related to tomatoes and eggplants than other berries!



Sweet Basil Seeds, (a.k.a. Basil, Sabja, Tukmaria seeds) are natural sweepers for our GI track, have long been a popular ingredient in drinks in India and Southeast Asia. Now, other parts of the world are starting to sell bottled basil seed beverages. They are rich in minerals and healthy fiber, provide a good plant base ALA Omega 3. Like chia seeds, they swell and gel up after soaking. It's fun to eat which gives you a slight crunch.

**Highly recommend soaking before use.**

Other uses: Stabilizer & Thickener – for salad dressings, jams, homemade ice cream, desserts, soups, & sauces. Find them in Asian groceries markets or online.



Aloe vera, (Aloe Barbadensis), has long been a cherished ingredient in skin care. Nutritionally, it is a miracle plant jam-packed with antioxidants, vitamins and minerals that comes with an array of anti-bacterial, detoxing and healing benefits.

**Use only food grade aloe vera leaf found in the produce section of your grocery store (discard the thick outer green skin) for eating.**

White dragon fruit (pitaya) – although not as sweet as its red sibling, it is still the same low-calorie fruit that is high in fibre that provides a good amount of several vitamins and minerals.



### What you need:

- ½ banana
- 1 ripe pear (bosc pears work well)
- 1 tsp of ground white chia seed
- ½ cup of white dragon fruit
- ½" grated fresh ginger
- 1 tsp collagen
- 1 Tbsp of aloe vera gel
- ¾ cup of coconut yogurt or coconut kefir
- ½ cup coconut water
- drizzle of honey, optional if using an under ripe pear

### **Optional Add-ins for Moms:**

- 1.5" fillet from a food grade aloe vera leaf, cube and toss with 2 tsp of raw honey
- 1 tsp of basil seeds, pre-soak in ¼ cup of coconut water for 15 min
- 1 tsp dried goji berries

**Blend & Enjoy!**

## Want to change it up?

### Try a Smoothie Bowl

Replace coconut water with coconut yogurt to create a consistency of thick pudding. Top with fresh aloe vera meat, basil seeds, coconut chips, dried berries, and chopped nuts of your choice.

Result → creamy and crunchy!



## Creamy Coconut Colada