



Green Energy Delight

A 'Green' Smoothie. An Energy-filled Smoothie.
A Delightful Smoothie.

Stress consumes so many nutrients from our body. Vitamin C, all of the B's, Omega 3, **Magnesium** and Zinc are depleted the most, and must be replenished regularly. This smoothie features Magnesium but is loaded with so many other vitamins and minerals to help you feel energized throughout your day.

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It also plays an important role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.



WOW! One little mineral is involved in so much. So, what does all of that mean? Basically, it means that how plentiful your magnesium levels are is dependent upon your stress levels. The more stress you have the more magnesium you 'burn' through and therefore the more magnesium you need. Both stress and hypomagnesemia potentiate each other's negative effects. Indeed, hypomagnesemia has been linked with stress-related conditions such as photosensitive headache, fibromyalgia, chronic fatigue syndrome, audiogenic stress, cold stress, and physical stress, to name a few.

Remember – when your stress levels are increasing, your consumption of magnesium rich foods should as well. Some of the best sources of magnesium are from dark green vegetables and fruits. The chlorophyll content gives these plants their rich green hue, from dark to light.

Let's put these beautiful greens into an energy boosting smoothie and help top up our magnesium levels so we can bust our stress!

Moringa is native to parts of Africa and Asia and goes by a variety of names, including drumstick tree, horseradish tree or ben oil tree. Almost all parts of the tree are eaten or used as ingredients in traditional herbal medicines. This especially applies to the leaves and pods, which are commonly eaten in parts of India and Africa.



Moringa leaves are an excellent source of many vitamins and minerals, including protein. It is rich in calcium, magnesium, iron, vitamin B6, vitamin C, riboflavin, and is also an antioxidant powerhouse of quercetin and chlorogenic acid. It may help lower blood pressure, moderate blood sugar levels after meals, and may increase blood antioxidant levels.



Green Apples are often neglected when discussing the health benefits of apples. Simply put, they are as healthy as the red ones. These lovely tart apples have a lot of health and beauty benefits to offer. They are packed with nutrients, fibre, minerals and vitamins. Eating apples with its peel provides fibre and helps with digestion and elimination. The high fibre content of apples supports

our natural detoxification process and helps to eliminate harmful elements from our liver and digestive system. It is important to choose the organic versions if you plan on eating the peel. Not only are green apples super nutritious, they also help in proper nourishment of our skin and help minimize dark circles under our eyes.

Chia Seeds are able to absorb 10–12 times their weight in liquid. This small seed contains large amounts of fibre and omega-3 fatty acids, plenty of high-quality protein, and several essential minerals and antioxidants. Chia seeds are packed with fibre and are among the best plant-based sources of omega-3 fatty acids, and are high in manganese, phosphorus, copper, selenium, iron, magnesium, and calcium that are much needed for our bones. On top of that, chia seeds provide numerous heart healthy benefits, may reduce chronic inflammation and may even help to regulate our blood sugar level.



Note: Chia seeds are very high in the omega-3 fatty acid ALA. However, humans are not good at converting this into DHA, the most important omega-3 fatty acid. The best source of DHA is from fatty fish.

<https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds>

Figs are high in natural sugars, minerals and soluble fibre. Not only are figs delicious, they are super nutritious and are rich in minerals including magnesium, potassium, calcium, iron and copper and are a good source of antioxidant vitamins A and K that contribute to health and wellness. Well-loved for their sweet,



mild flavour and multiple uses, figs are low in calories and have no fat. Figs are one of the richest plant sources of a variety of vitamins and minerals, including, vitamin A, C, K, B's, magnesium, potassium, zinc, copper, manganese, and iron. That alone is a great reason to consider slicing up a few as part of a salad or adding them to any meal or snack.



Kiwifruit, or Chinese gooseberry, originally grew wild in China. Kiwis are a nutrient-dense food — they are rich in nutrients and low in calories. A schoolteacher introduced the fruit to New Zealand in 1904, upon returning from China with seeds. The New Zealanders started calling it "kiwi" after their national bird. Kiwi has a reputation as a health

food because of its high vitamin C content, but the fruit is also rich in other nutrients including magnesium. These may help reduce blood pressure, boost wound healing, help maintain bowel health, and more.



What you need:

- 2 tsp of Moringa powder
- 1 medium organic Green Apple, skin on (remove skin if not organic)
- 1 tbsp of ground Chia Seeds
- ½ of an Avocado
- A handful of organic Spinach Leaves
- ½ cup of Coconut Milk / Nut Milk
- ½ cup of Coconut Water
- Juice of ½ Lime
- 1 Kiwi, sliced
- 2 fresh Figs, quartered
- 1 tbsp raw Honey to taste
- 1-2 tsp Hemp Hearts, sprinkle on top



What you do:

Smoothie On-the-Go

Into the high-speed blender or smoothie maker (eg. NutriBullet or Ninga Bullet), add Moringa powder, Green Apple, Kiwi, Figs, Lime juice, Honey, Chia seed, Coconut Milk/Nut Milk, Coconut Water, blitz for 30 sec until smooth.

*You can add more Coconut Water to thin it out for easy drinking with a straw.

Top it with Hemp Hearts, put on the cover and it's ready when you are!

Change it up!

Smoothie Bowl

Into a high-speed blender or smoothie machine (eg. NutriBullet or Ninga Bullet), add Moringa powder, Green Apple, Chia seed, Coconut Milk/Nut Milk, Coconut Water and blitz for 30 sec until smooth. Pour into a bowl.

Top it with sliced Kiwi & Figs, sprinkle with Hemp Hearts, drizzle Honey and add a splash of Lime juice.



A true Delight!

Enjoy the power of **Greens!**