

The Yoga Lodge on Whidbey Island Newsletter
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Green Protein Smoothie

Protein and greens for breakfast can offer a healthy boost to the day.

This recipe chia seeds. The chia seed is a plant in the mint family. It was cultivated and eaten by the ancient Aztecs, Incans, and Mayans and was considered a staple. “Chia” is the Mayan word for “strength”. Chia seeds are an excellent source of healthy omega oils, easily digestible protein, and antioxidants. Chia contains eight times more omega-3s than salmon, gram for gram. Also full of dietary fiber, vitamins, and minerals (especially calcium and iron), chia has much in common with flaxseed. Research has linked this valuable food as being beneficial for many health issues, including diabetes, hypoglycemia, celiac disease, and lowering cholesterol.

The Recipe:

Soak 5-6 organic almonds in water over night. In the morning, drain and rub the almonds between your fingers to remove the skin. Make sure to compost the skin. (Soaking and removing the skin helps aid digestion.)

Place the almonds in a blender. Add:

- 2 cups water
- 4-5 pitted organic dates
- 1 teaspoon organic fennel seeds
- 1 teaspoon organic ground cardamom
- 1 ripe banana
- 2 teaspoons chia seeds
- A handful of organic chopped greens (kale, chard, spinach.....any combo will do) or use an organic loose green powder

Blend until smooth and creamy. Chia seeds are a natural thickening agent. I use them to thicken soups and puddings. The banana will add substance and sweetness too. Quantity – 2 servings