

## ENERGIZE SMOOTHIE

### Ingredients:

- 1 banana, peeled and sliced
  - 1 cup soy milk
  - 1 cup ice
  - 1 teaspoon honey, or to taste
- (can add teaspoon of non-sweetened coco powder or chocolate syrup)

Soy milk has been said to lower blood cholesterol and the risk of Heart Disease. Soy milk also contains protein which is essential for muscle growth.

1 banana can power a 90 minute workout. All the nutrients in bananas help with Brain power, nervous system, and stress.

## LONGEVITY SMOOTHIE

### Ingredients:

- 3 cups of watermelon
- 1 cup cantaloupe
- 1/2 cup strawberries
- 1 cup low-fat plain yogurt
- 2 cups of ice

Strawberries are good source of vitamins and nutritional value. These are things that stress can deprive us of and drinking fruit smoothies containing strawberries can help replenish us and keep us healthy.

Smoothies are the perfect solution to help avoid the flu and help you get better if you have the flu. So lets stock up on Vitamin C.

## AGELESS SMOOTHIE

### Ingredients:

- 1 cup apple, peeled, chopped
- 1 cup vanilla yogurt (or plain yogurt with a touch of vanilla extract)
- 1/2 cup milk
- 1/2 cup blueberries
- 4-5 ice cubes
- honey

Place all ingredients in blender and blend until smooth. Berries are very high in antioxidants. It's a well known fact that blueberries are incredibly powerful antioxidants that are essential to good health.

Apples (and apple juices) are rich sources of phytochemicals (antioxidants that fight off free radicals and environmental aging), are the best source of the mineral called boron, which helps to promote bone growth