

# START THE DAY

With a Healthy Smoothie!



**Refreshing and Tasty.** 😊

## **Eating well year round**

Juices and smoothies are ideal ways to start your morning, since they are bursting with nutrition and set a healthy tone for the rest of your day. Blending and juicing vegetables allows us to consume more fresh produce than we would otherwise, because they often pack several fruits and vegetables into a single glass, making it easy to meet our daily requirement. If you're skeptical about adding leafy greens to your juices and smoothie's,

I urge you to give it a try!, you may be surprised to find that you mostly taste the fruit, not the greens! A quick and convenient option for folks on the go, the following recipes can be whipped up in a minute and sipped through a straw during your busy mornings.

# ENERGIZE YOUR DAY!



EVERY DAY DETOX- MEGAN GILMORE RECIPE

Have something refreshing and replenishing to start your day. Not only does a smoothie in the morning lift you up, but it is filling as well. Drink it from a cup, or fill a bowl and add granola or berries for a smoothie bowl. *Check back for our next newsletter for more recipes.*

## strawberry basil blast

FRESH FRUIT | GF DF SF EF V | Serves 1

Fresh basil enhances the naturally sweet flavor of strawberries in this tasty shake, which is loaded with antioxidants that may help improve blood sugar regulation and reduce inflammation in the body. The addition of avocado provides a creamy texture and helps the body absorb fat-soluble vitamins, making for a truly satiating shake. This unexpected flavor combination may soon become one of your favorite morning drinks.

1½ cups whole frozen strawberries (about 6 ounces)  
1 cup Homemade Almond Milk (page 178)  
1 tablespoon fresh minced basil  
¼ small ripe avocado, pitted  
3 soft Medjool dates, pitted  
1 tablespoon freshly squeezed lemon juice

Combine all of the ingredients in a high-speed blender and blend until completely smooth and creamy. Serve immediately.

NOTE: When making green smoothies without a high-speed blender, blend together the leafy greens and liquid first, to help break down the greens completely, then add in the rest of the ingredients and blend again. The smoother you can blend these drinks, the more enjoyable they will be!

## EATING HEALTHY

There are so many healthy recipes out there for anyone to try. Being plant based has been the best thing that we have added to our lives. Not only have we lost so much **UNWANTED WEIGHT**, but we feel better as well!! 😊 We have so much more energy when we eat what's good for us! A lot of people think that being plant based means eating cardboard or just salads, or the meals are boring and bland. That's what we thought also! But we have found that any and all dishes made with dairy and meat can be made plant based. We here at Zion Springs advocate and encourage the 8 principles of health; Nutrition, Exercise, Pure Water, Sunshine, Temperance, Fresh Air, Rest, Trust in God, which equates to the acronym NEWSTART which helps us to remember. Our Lord promised that any disease would not come upon us by following these principles.



Nothing is better than going home to family and eating good healthy food and relaxing. 😊

## PUT YOUR MIND TO IT

- *If you are ready to change what you eat, and begin a good nutritional diet plan, then put your mind to it and begin now. We are happy to help! A better lifestyle is healing of the mind, body, and soul.*

- *So... To get different results we've got to do something we've never done before.*
- *3 John 1:2 "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*