



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Grapefruit Pomegranate Smoothie

Stay cool this summer by starting the day with a cool drink.

What You'll Need

- 2 cups frozen strawberries
- 1 1/2 cups green tea ice cubes*
- 1 cup grapefruit, peeled, seeded and chopped
- 1 1/2 cups pomegranate juice
- 1/2 teaspoon ground ginger
- Stevia, maple syrup or honey to taste

TO PREPARE: Blend all ingredients together until frosty. Taste and sweeten as desires.

*To make green tea ice cubes, simply freeze prepared green tea in ice cube trays until solid.

Source: *Mother Earth Living*



All Avocado

A healthy and delicious snack that is packed with fiber and other good-for-you nutrients!

What You'll Need

An avocado halved and pitted then any of the following healthy filling options:

Black Bean Salad

- 1/4 cup black beans
- 2 tablespoons diced red bell pepper
- 2 teaspoons minced scallion
- 2 pinches chili powder
- 1/2 teaspoons each olive oil and lime juice
- Dash of salt and sprinkle of cheddar

Lightened-Up BLT

- 2 tablespoons each diced ham and tomato
- 3 tablespoons shredded lettuce
- 1 teaspoon mayo
- Salt and pepper
- Croutons

Strawberry Salsa

- 3 tablespoons chopped strawberries
- 1 1/2 teaspoons finely diced red onion
- 2 tablespoons diced cucumber
- 1/2 teaspoon lime juice
- 2 teaspoons cilantro
- Salt and pepper

Source: *FamilyFun*

Breakfast Blend

Jump-start your daily vegetable intake with this simple smoothie. Because it's blended (not juiced), you still benefit from all the fiber in the blueberries and spinach. You'll only need a bit of the naturally sweet coconut water to hide the spinach-y taste from your morning taste buds; the rest of the liquid can be plain water.

What You'll Need

- 1 cups frozen blueberries
- 1 to 2 handfuls fresh spinach
- 1/2 can (about 9 ounces) of coconut water
- 1 cup water

TO PREPARE: Combine ingredients in a blender. If there isn't enough liquid to cover the other ingredients then add a bit more water. (This will help it blend easily.) Churn until evenly mixed.

FOR A BOOST: Add protein by tossing in a handful of raw, unsalted almonds or add some almond milk. Aid in digestion by adding 1 to 2 tablespoons of ground chia seed. Customize by adding your own favorite fruit to the recipe.

Source: *Mother Earth Living*

Green Salad with Avocado and Chive Dressing

A great, healthy lunch option. This salad with homemade dressing is tasty and rich in vitamins and nutrients.

What You'll Need

- 1 cup frozen shelled edamame
- 3/4 cup minced chives (from 1 to 2 bunches)
- 1 avocado (pitted, peeled and diced)
- 5 tablespoons extra-virgin olive oil or coconut oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons mayonnaise
- 1 tablespoon capers
- 1 tablespoon soy sauce
- 1/4 teaspoon salt and ground pepper
- 4 ounces (5 cups) of spring mix salad
- 1 red bell pepper (cut into matchsticks)
- 1/2 cup roasted cashews

TO PREPARE: In a saucepan of slated water, boil 1 cup of edamame until crisp-tender, about 4 minutes. Drain and set aside. In a blender, combine chives, 1/4 avocado, olive oil, apple cider vinegar, mayonnaise, capers, soy sauce and salt and pepper.

In a large bowl, combine salad mix, red bell pepper, the remainder of the avocado the cashews and the reserved edamame. Pour chive dressing over the top and toss then divide among 4 plates and serve.

NOTE: This can also be served as a side with a roasted chicken breast or other protein source for a healthy dinner option on a hot summer evening.

Source: *Oprah.com*