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# Green Banana Smoothie



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- 1 LARGE BANANA (FRESH OR FROZEN)
- 1 CUP COW'S MILK, ALMOND MILK OR RICE MILK
- 1 TABLESPOON CHIA SEEDS (SOAK FOR 10 MINUTES PRIOR TO MAKING SMOOTHIE)
- 1 TEASPOON VANILLA
- 1/2 CUP SPINACH (FRESH OR FROZEN)
- 1 TABLESPOON UNHULLED TAHINI
- 1/4 CUP ALMONDS AND/OR CASHEW NUTS
- 1 TABLESPOON GREEN BANANA FLOUR (OPTIONAL)
- 1 TEASPOON COCONUT OIL (OPTIONAL)

- BLITZ IN A FOOD PROCESSOR UNTIL SMOOTH. APPROXIMATELY 2-3 MINUTES

## NUTRITION INFORMATION

### MACRONUTRIENTS

#### 1. CARBOHYDRATES - BANANA AND GREEN BANANA FLOUR

- BANANAS ARE 93% CARBOHYDRATE
- THEY ARE ALSO A QUALITY SOURCE OF POTASSIUM, VITAMIN B6, VITAMIN C AND MANGANESE
- QUALITY DIETARY FIBRE AIDING DIGESTION AND PREVENTING CONSTIPATION
- GREEN (UNDER RIPE) BANANAS AND GREEN BANANA FLOUR ARE A GREAT SOURCE OF RESISTANT STARCH. RS SIGNIFICANTLY IMPROVES THE BODY'S SENSITIVITY TO INSULIN. THIS CAN HELP TO BALANCE HORMONES. INCREASING SENSITIVITY TO INSULIN IS VERY IMPORTANT FOR THOSE SUFFERING FROM DIABETES MELLITUS (TYPE II).

#### 2. PROTEIN - MILK, CHIA SEEDS

- MILK IS A RICH SOURCE OF PROTEIN AND CALCIUM
- CHIA SEEDS ARE AN EXCELLENT SOURCE OF PROTEIN AND IRON.
- CALCIUM CAN INHIBIT THE ABSORPTION OF IRON, THEREFOR ONLY SMALL AMOUNT OF CALCIUM RICH FOODS SHOULD BE CONSUMED AT THE SAME TIME AS IRON RICH FOODS.

#### 3. HEALTHY FAT - UNHULLED TAHINI, ALMOND, CASHEW NUTS & COCONUT OIL

- ALL OF THESE OILS ARE A HIGH QUALITY SOURCE OF HEALTHY FATS
- SESAME SEEDS (TAHINI) AND CASHEW NUTS CONTAIN TRACE MINERAL CHROMIUM. CHROMIUM IS BENEFICIAL FOR BALANCING BLOOD GLUCOSE LEVELS AND PROMOTING SATIETY.

### ADDITIONAL NUTRIENTS

- CALCIUM - COW'S MILK, SPINACH AND ALMONDS
- VITAMIN C - SPINACH AND BANANA
- IRON - SPINACH AND ALMONDS