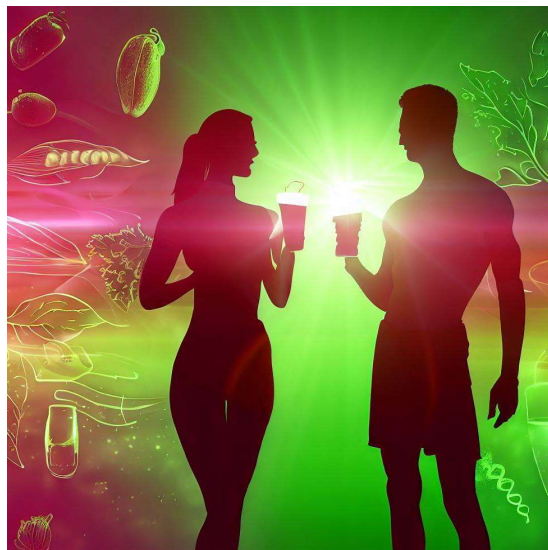


Vibrant Health Vitality Smoothie

Serving Size: For 2 people

Ingredients:

1. 1 medium beet, peeled and diced
2. 1 cup spinach leaves (fresh or frozen)
3. 1/2 cup blueberries (fresh or frozen)
4. 1-inch ginger piece, peeled and finely chopped
5. Juice of 1 lime
6. 1 tablespoon honey
7. 1 teaspoon maca powder
8. 1/2 avocado, pitted
9. 1 cup unsweetened almond milk
10. 1 tablespoon chia seeds, alternative pumpkin seeds
11. (Alt) dash of cayenne pepper



Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth, adjusting almond milk for preferred consistency.
3. Add ice as needed, and continue,
4. Taste and modify sweetness if desired.
5. Distribute into glasses, garnish with a few chia or pumpkin seeds, and serve immediately.

Health Benefits & Nutritional Highlights:

1. **Beets:** A nutritional powerhouse, beets are packed with fiber, folate, manganese, potassium, iron, and vitamin C. They are known to support heart health, improve blood flow, and potentially lower blood pressure due to their nitrate content.
2. **Spinach:** A leafy green abundant in vitamins A, C, and K, as well as minerals like iron and calcium. It helps in boosting bone health and is rich in antioxidants that combat oxidative stress.
3. **Blueberries:** A superior source of antioxidants, particularly vitamin C and K. They have been linked to improved memory and cognitive functions.
4. **Ginger:** Recognized for its anti-inflammatory and antioxidant properties due to the compound gingerol. Ginger also aids digestion and can offer relief from nausea.
5. **Lime:** Bursting with vitamin C, it enhances the immune system, promotes healthy skin, and aids in the absorption of other vital nutrients.
6. **Honey:** A natural sweetener filled with antioxidants, honey also boasts antimicrobial and wound-healing properties.
7. **Maca Powder:** Renowned for its ability to boost stamina and energy levels. It's also believed to promote hormonal balance, which can be beneficial for mood and libido.
8. **Avocado:** A rich source of monounsaturated fats, avocados contribute to heart health and can enhance the absorption of fat-soluble nutrients. They also provide essential vitamins like K, E, C, and various B-vitamins.

9. Turmeric with Curcumin: Offers potent anti-inflammatory effects, combatting chronic inflammation at the molecular level. Turmeric aids in liver detoxification, promoting the efficient elimination of toxins and supporting overall liver health.
10. Almond Milk: Lactose-free and rich in vitamin E, it's a lighter, cholesterol-free alternative to dairy with a creamy texture.
11. Chia Seeds: These tiny seeds are big on nutrients, including omega-3 fatty acids, fiber, and protein. They also support digestive health and provide essential minerals and antioxidants.
12. (ALT)Pumpkin Seeds: A great source of magnesium, iron, zinc, and protein. They also contain antioxidants and a rich source of tryptophan, which can boost mood.
13. (ALT)Cayenne pepper: Boosts metabolism, aids digestion, reduces hunger, and provides anti-inflammatory benefits, enhancing the smoothie's overall health potential.

Serving Suggestion:

This revitalizing smoothie, loaded with nutrients, is perfect as a morning energizer or a post-workout refresher. Pair it with a light salad or some nuts and seeds for a rounded, nutrient-rich meal.

References:

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Note: Before incorporating any new supplement like maca powder into your diet, it's advisable to consult with a healthcare professional. Individual reactions can vary.