



# NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

One of my favourite healthy eating hacks is repurposing recipes by changing how I serve them.

Case in point... **smoothies!** They're quick and easy, and can be enjoyed as a beverage **or** frozen into popsicles! Plus, freezing leftover smoothies in popsicle moulds cuts down on food waste.

Speaking of smoothies, today, I'm sharing three tips for making traditional smoothies not only tastier but healthier, too!

**Here are three tips for making tasty, healthy smoothies:**

## 1. Add cashews or cashew butter

- Cashews help make any smoothie taste next-level creamy without dairy. They have a neutral taste that will blend (hehe) into the background of any smoothie flavour.
- **Health bonus:** It has anticancer properties. Cashews contain anacardic acid, which has been shown to inhibit breast and other cancer cell growth. It's also a healthy source of fat, which will help you feel fuller for longer and keep your blood sugar levels even.

## 2. Add frozen riced cauliflower

- Trust me on this one. You or whoever you're making a smoothie for won't notice it's there. Bright green spinach and kale are pretty hard to hide in smoothies, but cauliflower? Easy peasy. As long as you don't go overboard, the flavour is easily masked by whatever fruit you add in. Plus, it won't affect the colour.
- **Health bonus:** It supports gut and liver detoxification, and helps balance estrogen dominance! Try adding  $\frac{1}{2}$  to  $\frac{3}{4}$  of a cup per smoothie serving, and use frozen instead of fresh for the best (hidden) flavour.

## 3. Stir in something nutritious

- Basic, unflavoured collagen powder will increase the protein content of your smoothie without affecting the flavour. Plus, it contains no added sugars, sweeteners, or artificial/natural flavours. It has only one simple ingredient, which is always a good thing when you're trying to eat more whole foods. Plus, the added protein helps balance out the effects of the natural sugars in the fruit, giving you longer-lasting, steady energy.
- **Health Bonus:** Collagen helps reduce joint and back pain, and does wonders for your skin, hair and nails.

## TASTY HEALTHY RECIPE OF THE WEEK

This **dairy-free strawberry cream smoothie** and creamsicles recipe uses all three tips and tastes like a dreamy summery dessert! By clicking the picture or button below, you'll be taken to a PDF of the recipe and its nutrition facts, which you can download and print.



### STRAWBERRY CREAM SMOOTHIE & CREAMSICLES

## HEALTHY QUOTE OF THE WEEK

*"In life, just like smoothies, you get out what you put in."*  
– Author Unknown

That's it for today, friend. I hope you have a wonderful week!

Until next time,

*ash xo*