

LUMINARY

Recipes

Dark Cherry Chocolate Kale Power Smoothie

THE SCOOP

One of the best things you can do to maintain a healthy weight and feel awesome during the day is eat a fast, easy, blood sugar stabilizing breakfast. Especially on those busy days when you don't think you have time. But so many of us do breakfast wrong with high carb, high sugar, high glycemic index foods or skip it altogether.

Studies show protein-rich breakfasts can improve your sense of fullness after eating, reduce evening snacking, and increase the chemical that signals your brain to stop eating. Basically it fills you up with all the delicious nutrients you need and helps give your brain and body the appropriate signals that you are well nourished. So you have steady energy and aren't fighting with cravings all day.

Below is one of my all time favorite breakfast smoothies that is majorly delicious AND packed with superfoods that provide healthy fats, protein, antioxidants, and omega 3's. It stabilizes your blood sugar and reduces metabolic fluctuations later in the day (ie cravings and that afternoon slump). It's a fantastic, balanced, nutrient-rich breakfast. And with practice you can whip this baby up in 5 minutes flat.

So next time you are considering skipping breakfast, just remember this—eating breakfast consistently correlates with longevity, healthy weight, and emotional resilience in studies. And it can taste amazing too.

INGREDIENTS

- 1 cup filtered Water
- 1 cup Almond, Hemp, or Flax milk
- 1 medium ripe banana, fresh or frozen
- 2 tbsp chia seeds
- 1-2 large curly Kale leaves with stalks removed
- 2 tbsp cocoa powder, unsweetened
- 1 handful walnuts (about 1/3 cup)
- 1 tbsp raw pumpkin seeds
- 1/2 cup dark cherries, fresh or frozen (can be replaced by blueberries)
- 1 pitted date (optional)

DIRECTIONS

Combine all the ingredients in a high-powered blender. Blend until smooth. drink while fresh.

Enjoy!

For more delicious and nutritious recipes go to www.luminaryretreats.com/blog