



Laurie-Anne's go-to

GREEN SMOOTHIE

The Ingredients

- 2 cups of spinach
- 1.5 cups of water or other liquid base
 - Plant based milk
 - Coconut water
 - Regular milk
- 2 teaspoons of chia or flax seeds
- 1 large banana
- 1.5 cups of frozen or ripe fruit
 - My selection: strawberries, mangos, peaches
 - Alternatives: apples, blueberries, pears, whatever you have on hand
- 2 large tablespoons of (Greek) yogurt
- Optional additions
 - 3 leaves of fresh mint
 - Healthy squeeze of lemon
 - Natural sweetener (honey, maple syrup, agave)

Key Nutrients:

- Good source of fiber which eases digestion
 - Spinach
 - Fruits
 - Chia seeds
- High in antioxidants which boosts immunity
 - Strawberries
 - Mangoes
 - Peaches
- Rich in protein to keep you full & energized
 - Milk
 - Greek yogurt

Steps

1. Blend the spinach, chia seeds and liquid base until smooth.
2. Add your fruit and yogurt to the liquid spinach mix. If you are using only fresh fruit, add a few ice cubes to your blend.
3. You can also add your mint, sweetener and lemon at this point (*optional*).
4. Blend until you achieve a creamy consistency and there are no residual lumps.

Considerations:

Avoid drinking the smoothie with your PD medications as it contains protein.

This recipe has been reviewed by a registered dietician. However, it remains a *suggestion* to inspire you, not a *recommendation*.

Contact info@parkinson.ca for any questions about nutrition and managing PD.

