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# FAMILY WELLNESS FIRST: NUTRITION

## Warming Winter Smoothie

Breakfast is one of those meals that are extremely versatile, but also very much debated. Many people say it is the most important meal of the day, and that to skip breakfast will slow down your metabolism and have a negative impact on the rest of the day. Others, like Mercola, say you should wait at least 3 hours after waking up before you have your first meal. This is called [intermittent fasting](#) which is said to help you burn more fat during the day. I am still trying to decide what is best for me, because everyone is different, and everyone has something different to say. I recommend doing what feels best for you.

On this particular day, I felt like having a smoothie in the morning. There was something about it my body was craving; a boost I needed. And because it is so cold out, I opted on not choosing to add ice or frozen fruit. Drinking a frozen or very cold drink is said to be bad for your metabolism as it makes it work too hard and is not easily digested. I must say, a room temperature smoothie-my first ever-was fantastic. It was soothing and satisfying. Not too heavy, but filling. Perfectly sweet and savory.

This recipe was created from one of my favorite snacks; Ezekiel bread topped with [coconut oil](#), almond butter, sliced bananas, cinnamon and a sprinkle of sea salt. This smoothie captures the flavors I crave so much from that toast, but without the bread and with added greens. The perfect kick the get you moving. Takes you just a few minutes in the morning and you are ready to take on the day ahead.

Enjoy

### What You'll Need:

- 1 banana
- large handful organic raw spinach
- 1 T organic expeller pressed coconut oil
- 1 T organic almond butter
- 1/2 - 1 cup coconut milk
- dash cinnamon
- half grind of pink Himalayan sea salt



### What to Do:

1. Blend everything together in a blender or food processor. Add more coconut milk if needed and serve topped with some chopped coconut flakes, hemp hearts and a sprinkle of cinnamon.

*Makes 1 large smoothie or 2 smaller ones*

By Tia Ohm

## **Pineapple Mango Tango Smoothie**

### Blend

- 3 cups chard (removed from the rib)
- 2 cups water

### Gradually add

- 3/4 pineapple
- 2 bananas
- 1 cup frozen mango pieces

By Lisa DeNardo

## **Banana Cherry Smoothie**

### Blend

- 3 large kale leaves (removed from the stem)
- 2 cups of water

### Gradually add

- 3 bananas
- 10 oz. bag frozen cherries

By Lisa DeNardo



Visit the *Pathways* online recipe blog for many more family friendly recipes here: [recipes.pathwaystofamilywellness.org](http://recipes.pathwaystofamilywellness.org)

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