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**My Smoothie Ingredients and their health benefits – mainly alkaline**

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| **INGREDIENT** | **AMOUNT (ISH)** | **CONTAIN** | **HEALTH BENEFITS** |
| Banana | 1 small | Potassium plus | Lowers blood pressure |
| Kale & Spinach | Handful | Full of nutrients and antioxidants | Lowers cholesterol  Cancer fighting |
| Blueberries | Small handful | Full of nutrients and antioxidants | Combats aging, cancer fighting, helps digestion, |
| Strawberries or raspberries | 3 ish | Full of nutrients and antioxidants | Overall health |
| Pineapple | 2/3 pieces | Vitamin C and antioxidants | Supports immune system, eyes (macular degeneration), bones etc. |
| Mixed seeds | Teaspoon or sprinkle | Full of nutrients | Essential for a healthy nervous system |
| Chia seeds | Teaspoon or sprinkle | Fibre, 50% omega 3 | Protect against heart attack and stroke |
| Cashews or almonds | 10 | Full of nutrients and antioxidants | Good general health |
| Cacao powder | 1 teaspoon | Full of antioxidants | superfood |
| Linseed | 1 teaspoon | Omega 3 and full of nutrients | Great for digestion |
| Super greens or wheatgrass | 1 teaspoon | Full of nutrients and antioxidants | superfood |
| Coconut oil | Teaspoon | Fatty acids | Helps brain function, calorie burn, etc. |
| Turmeric | ¼ teaspoon | Bio-active compounds | Anti-inflammatory |

AND MIX WITH EITHER:

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| --- | --- | --- | --- |
| Pineapple Juice and water | Half of cup | Full of nutrients and antioxidants |  |
| Almond milk and water | Half of cup |  | Weight loss, vision etc. |