

# Green Superfood Smoothie Jam Packed With Health Benefits

By Trinity | [Trinity's Conscious Kitchen](http://Trinity's Conscious Kitchen)



Everything in my world just flows much better when I get my day off to a good start with a vibrant breakfast. It frees up my energy so that I can give myself more passionately to my projects, my relationships and my work. It just makes the world a better place. What I decide to eat plays a really important role in that. I like to feel that every morsel weaves nourishment through every cell of my being; filling me with top quality plant-based protein, essential fats, minerals, vitamins, antioxidants and phyto-nutrients.

Different superfoods get my attention at different times and do love to mix them up for variety. Listen to your body... as you become cleaner inside, your natural inner guidance will speak louder. Use this recipe as inspiration and then find the perfect blend for you. Once you really get into clean eating, your body will tell you when you need more or less of certain

things. Today's smoothie is a superfood feast; jam packed full of goodness, rich in proteins, healthy fats, minerals, vitamins and a bit of just about everything you need for optimal health and wellness.

### **So what's in this green superfood smoothie?**

**Barley grass powder** is an alkaline food made from the dried leaves of the barley grass. It has the ability to help maintain a good acid-alkaline balance in the body. The grass of this ancient grain is easily digestible and has one of the highest levels (in any natural food) of the enzyme superoxide dismutase (which is a powerful antioxidant protecting cells against free radical damage). The nutritional profile of barley grass is incredible, having...

- 11 times more calcium than cows milk
- at least 8 essential amino acids
- nearly 5 times the iron in spinach
- 6.5 times the carotene in spinach
- 3.3 times as much vitamin C than in spinach
- 7 times the vitamin C than in oranges
- 30 times more B1 than cows milk

**Hemp protein powder:** Hemp is one of the most complete proteins in the plant food kingdom, containing ALL 21 known amino acids, including the 9 essential amino acids required for health. Hemp protein powder is a protein all-star with a distinctive nutty taste that dances very well with the other flavours in this recipe . Check out my article for lots more about the incredible hemp seed benefits: [Why are hemp seeds essential for health?](#)

**Chia seeds** are one of the richest plant-based sources of essential fats. They are a high quality protein food, loaded with antioxidants. One of the most amazing superfood seeds out there, making a perfect addition to this smoothie.

**Maca** is an amazing plant, growing at extremely high altitudes

(7000ft and above) in the Peruvian Mountains. It has a delicious malty flavour along with some very noteworthy adaptogenic properties. An adaptogen is something that helps you cope in stressful situations – physically, mentally and energetically. Maca is well known for supporting and regulating the endocrine system in both men and women. The endocrine system is responsible for healthy functioning of hormones (which are essential for regulation of energy levels, digestion, brain function, the nervous system, fertility and wellness in general). Many women have noticed that it helps to balance hormones, reducing menopausal and pre-menstrual symptoms, whilst men have observed that it helps support fertility and sexual functions.

**Banana** is an excellent addition to a smoothie, giving it a natural, nutritious creaminess and sweet flavor. Be sure to use a ripe banana for easy digestibility. They are full of low glycemic carbohydrates, giving a sustained energy boost, and are rich in tryptophan (which is associated with relieving depression and the blues whilst helping stimulate a good mood).

**Apples** might seem a bit humble, but they are really high in antioxidants. I always leave the peel on my apples, which is where most of the nutrients are found. They have a myriad of health benefits including helping to reduce the risk of neurodegenerative disorders, such as Alzheimer's and lower type 2 diabetes. Be sure to use organic apples and be aware that commercial apples from the USA are usually intentionally coated with a waxy substance (even organic ones!).

**Fresh kale** is a really vibrant green addition to this recipe. Having earned its place in the superfood league with its powerhouse of nutrients. It contains 16% more calcium per gram than cow's milk and over twice as much vitamin C as oranges. It has been shown to support heart health whilst being loaded with anti-oxidants and anti-inflammatory compounds. It blends down really well and is responsible for the awesome green

color in drinks like this.

### **Where to find these superfoods?**

Always be sure to buy organic. This is an investment in your health and you are definitely worth it. Building up toxins from pesticides and herbicides in your system is not going to do your health and energy any good in the long run.

We can find organic kale, bananas and apples at any good health food store or organic market. The other super foods listed can easily found in any good health food store too. If you don't have access to such a store, then you can easily buy them online. Here are a few helpful links to get you started..

#### **Barley grass powder**

[USA: Starwest Botanicals Barley Grass Powder Organic](#)

[UK: Sevenhills Organics Barley Grass Powder](#)

#### **Maca powder**

[USA: Healthworks Certified Organic Maca Powder](#)

[UK: Sevenhills Organics Raw Maca Powder 150g](#)

#### **Hemp protein powder**

[USA: Navitas Organic Raw Hemp Protein Powder](#)

[UK: Sevenhills Organics Raw Hemp Protein Powder](#)

#### **Chia seeds**

[USA: Navitas Naturals Organic Raw Chia Seeds](#)

[UK: Organics Raw Chia Seeds 500g](#)

## **Ingredients**

- 1 teaspoon barley grass powder
- 1 teaspoon maca powder
- 1 tablespoon hemp protein powder
- 1 tablespoon chia seeds
- 2 large kale leaves

- 1 large ripe banana
- 1 medium sized apple
- 250ml (1 cup) water or plant based milk

## Instructions

1. Peel the banana and roughly chop into pieces.
2. Chop the apple into chunks and discard the core.
3. Take the stalk off the kale and tear into pieces.
4. Blend all ingredients together until you achieve your desired smoothie consistency.
5. Enjoy immediately and savour every sip.

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