

Other Variations.....

Blueberry Green Drink



Ingredients:

1 cup frozen blueberries

½ avocado

2 cups raw spinach

2 tablespoons lemon juice

½ to 1 cup water

A few drops of liquid Stevia to sweeten as desired

Directions: Put all ingredients in blender and blend until smooth. Add water as necessary to get the consistency you like.

Makes 1 serving. Nutrition per serving:

Carbohydrate: 15.5 g.

Fiber: 6 g.

Net Carbohydrate: 9.5 g.

Protein 2.19 g.

Fat: 7.83 g.

Other possibilities: add yogurt for more protein and a tangy taste; add chia seeds for healthy fats, more fiber and better hydration and energy; Add carrots for supporting eye health and adding a sweet flavor without using fruit or sugar.

Blended drinks keep the fiber and this helps to balance blood sugar. Choose whole fruits and vegetables or blended fruit/vegetable drinks over juice to maintain a healthy blood sugar.

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