

# Cellular Repair Smoothie



Servings: 1  
Time: 5-10 minutes



Heart Healthy



Low –Sodium



Diabetic Friendly

## Ingredients:

- 2- 4 Cups kale (fill 1/2 your blender)  
- or other high nutrient vegetables —see list below
- 2 Cups water or unsweetened soy or almond milk - Add more for thinner consistency
- 1 banana - can be frozen
- Up to 1 Cup fruit -any fruit you enjoy  
(can be frozen—mango & pineapple works well)
- 1/4 Cup flax or chia seeds -start with 1-2 TBS  
and work your way up to 1/4 cup  
Flax = (107 mg Calcium)  
Chia = (250 mg Calcium)



## Directions:



1. Place all ingredients in blender and blend until smooth
2. Add more water or plant milk to achieve pleasant drinking consistency
3. Pour contents into glass and enjoy!

Nutrition Information—Per serving  
(made with 3 cups bok choy, 1 med  
banana, 2 TBS chia , 1 cup pineapple  
chunks and water)

**345** Calories  
**63 g** Carbohydrate  
**9 g** Fat  
**1 g** Sat Fat  
**10 g** protein  
**140 mg** Sodium  
**1275 mg** Potassium  
**30 g** Sugar  
**15 g** Fiber  
**430 mg Calcium \***

\* the human body can only absorb  
500 mg of calcium at one time



## High nutrient vegetables:

- ◆ Bok Choy or Pak Choi
- ◆ Napa cabbage
- ◆ Spinach (avoid if you are prone to kidney stones)
- ◆ Cauliflower
- ◆ Green or red cabbage
- ◆ Collard greens
- ◆ Broccoli stalks
- ◆ Kale

Provides ~1/3 (30%) of your daily need for:

- Calcium
- Potassium
- Magnesium