

# Antioxidant Rich Smoothies



DIFFICULTY  
LEVEL **EASY**

## Ingredients

### Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

### Fresh Fruit Smoothie

- 2-2 1/2 cups of fresh fruit (strawberries, mangoes, bananas, raspberries)
- 1 cup Milk
- 1 cup Ice
- 1/2 cup plain yogurt
- 1 scoop Protein powder (optional)

## Directions

### Instructions:

1. Add fresh fruit into a blender.
2. Add milk, ice, and protein powder (optional). Blend on high speed for 1-2 minutes until smooth.
3. Ready to be served

## Notes

Enjoyed best when shared



## Cultural History

This recipe is a variation of lassi, a traditional South Asian smoothie made with yogurt. It is a popular, traditional summer drink in India. Lassi is a stomach-friendly drink full of probiotics.

## Nutrition Facts

Lassi is a stomach-friendly drink full of probiotics. It provides calcium, potassium, protein, and vitamins.

- High in Vitamin C from the strawberries and mangos.
- Good source of potassium from the bananas.
- Milk provides Potassium, Calcium, Vitamin D.
- Yogurt provides calcium and protein.

# Vegetarian Ceviche



DIFFICULTY  
LEVEL **MEDIUM**

A yummy plant-based alternative using plant called hearts of palm\*



## Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

## Ingredients

- 1 small jar of hearts of palm
- 4 Tomatoes
- 1 small Onion
- 7 sprigs of Cilantro
- 2 Cucumbers
- 1 seeded Jalapeño
- 1 tsp Salt (adjust to taste)
- 1 tsp Pepper (adjust to taste)
- 3-4 small Lemons
- 1 Bag of Tortilla Chips
- 2 oz. of sour cream

## Nutrition Facts

## Directions

- Chop hearts of palm, tomatoes, onions, cilantro, cucumbers, and jalapeños into 1/2 inch pieces. Add ingredients in a medium sized bowl. Season with salt and pepper. Take out seeds and squeeze lemons on top.
- Let it marinate for 10 minutes. Now it is ready to be served with a side of tortilla chips. Add sour cream as a topping.

## Notes

- Optional: Sour cream, a delicious addition to any Mexican dish.
  - Enjoyed best when shared
- \*You can find hearts of palm near the preserved vegetables jars at the grocery store

## Cultural History

Ceviche is a Latin American dish made from sliced cubes of tomatoes, onions, cilantro, fish, and shrimp marinated in a lemon juice mixture. This refreshing dish originated from a Peruvian coastal civilization named the Moche nearly 2000 years ago. Over time, ceviche spread to Central America, Mexico, and finally reached the United States in the 1980s.

## Nutrition Facts

The vegetables in this dish are a great source of fiber. Tomatoes contain Vitamin C which is a good source of lycopene (antioxidant). The ingredients of the ceviche provide vitamins, minerals, and antioxidants. They also boost digestion and immune system health.

# Greek yogurt, chocolate dip

DIFFICULTY  
LEVEL **EASY**



## Base

- 2 cups of awesome.
- 1/2 tsp of fun.
- 2 tsp color.
- 1 cup of kindness.
- sugar and salt to taste.

## Ingredients

- ½ cup Greek yogurt
- 1 Tbsp. cocoa powder
- 1 Tbsp. Agave
- ¼ tsp. vanilla extract

## Directions

- Mix Greek yogurt, cocoa powder, agave and vanilla in a bowl until well blended.
- Serve with fruit or top with nuts, oats and seeds as a nutrient rich snack or breakfast.

## Notes

Enjoyed best when shared.

## Cultural History

Cacao was such a significant part of Mesoamerica culture that the Olmecs, the greater Maya Empire, and the Aztecs incorporated cacao into their creation mythologies. They viewed cacao as a gift from the gods, so much so that scientist Carolus Linnaeus named the cacao tree *Theobroma*, which meant "food of the gods."

## Nutrition Facts

- Greek yogurt provides extra protein and is beneficial to gut health.
- Agave has a low glycemic index, allowing for better control of blood sugar levels.
- Cacao powder is packed with flavonoids. These nutrients have been shown to help lower blood pressure, improve blood flow to the brain and heart, and aid in preventing blood clots.