5 Superfood Smoothies for Healthy Blood Sugar
Hi there!

Smoothies are a great way to get in extra healthy nutrients in an easy and tasty way. I designed these smoothies to help promote healthy blood sugar and improved insulin sensitivity; to do so, I've included healthy and anti-inflammatory fats, plant based proteins and a few of my favorite superfoods in each smoothie recipe.

The trick to healthfully including these smoothies is to swap them in for a meal (full size of 16 oz for a meal), or a snack (half size of 8 oz)- and also to make sure to always include either some protein or healthy fat to slow digestion and promote healthy and balanced blood sugar.

Enjoy!

XO,

Isabel
Here’s a little more info about the 10 nutrient packed foods used in the smoothie recipes:

Cinnamon
Cinnamon is a well-known spice to help improve blood sugar and insulin sensitivity due to the polyphenols it contains as well as chromium too. A little goes a long way so you only need a little bit!

Blueberries
Blueberries contain fiber and plant-based nutrients and antioxidants like anthocyanin that may help to promote anti-inflammation, and research suggests that blueberries may help to improve insulin sensitivity as well.

Bee pollen
Bee pollen should not be used by anyone with severe allergies nor by anyone who’s pregnant or breastfeeding; bee pollen may help to improve insulin sensitivity and immune health. Use caution and use small amounts when using bee pollen!

Chia seeds
Chia seeds contain anti-inflammatory healthy fats, plant-based omega 3 fatty acids, as well as various minerals like calcium, and magnesium. Chia seeds also contain soluble fiber that can help to slow digestion and improve blood sugar control as well as promote healthy digestion and elimination too.

Greens
Greens (spinach, kale, romaine) are among my favorite smoothie ingredients and greens contain plenty of healthful nutrients like folate - key for brain health and energy metabolism, but most importantly they’re a source of magnesium, which is key for blood sugar regulation.

Avocado
Avocado is are a fruit that’s low in sugar and high in healthy, anti-inflammatory fats - monounsaturated fat. Healthy fat is great because it can also help to slow digestion and help to promote more balanced blood sugar as well. Avocados are high in calories – so be mindful of portion size!
Goji berries

Goji berries are a source of antioxidants and anti-inflammatory compounds like anthocyanins, carotenoids and more. Preliminary research suggests that goji berries may also help to improve insulin sensitivity as well; however, we do know that the nutrients they contain can help to promote overall health.

Cacao nibs

Cacao is the raw form of chocolate, loaded with antioxidants and anti-inflammatory properties. Research suggests that cacao can help to boost insulin sensitivity and improve blood sugar.

Banana

Bananas contain prebiotics, that are key to promoting the health of the bacteria in our guts; and promoting health of bacteria in our gut is key for so many important things- like maintaining healthy blood sugar, weight, mood and so much more. Like all other foods and starchy foods in particular- be mindful of portion size!

Peppermint leaves

Although the studies are preliminary, peppermint leaves may help to improve blood sugar control. We also know that peppermint leaves can also help to promote digestion and bloating as well (although for people with acid reflux may be difficult to digest entirely).
How to make the smoothies

Smoothies are so simple!

Combine the ingredients in your blender and turn it on!

Blend for 45-60 seconds or until fully mixed together.
5 Superfood Smoothies

for Healthy Blood Sugar:

**Blueberry Maca**
½ cup frozen or fresh blueberries
1 tsp maca
2 handfuls spinach or other greens
1 granule bee pollen (avoid if you have many allergies)
½ tsp cinnamon
8-10 oz unsweetened hemp milk
1 serving (scoop) unsweetened pea protein

**Mango Coconut**
1 Tbsp chia seeds (or flaxseed)
½ cup fresh or frozen mango
1 Tbsp coconut oil
1 handful greens (spinach or other)
8-10 oz unsweetened vanilla hemp milk
2 Tbsp hemp seeds or hemp hearts

**Strawberry Avocado Goji**
¾ cup fresh or frozen strawberries
1/3 avocado
1 handful greens (romaine, spinach, kale)
1 tsp coconut oil
1 scoop or serving unsweetened pea protein
8-10 oz unsweetened hemp or almond milk
1 Tbsp goji berries, sprinkle on top for garnish

**Clean Green**
½ cup strawberries
½ lemon, remove the peel
1-inch ginger
2 handfuls spinach
2 Tbsp hemp protein or seeds
8-10 oz unsweetened coconut water
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