



Karen Malkin Health Counseling

Superfood Smoothie

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YOUR PATH TO WELLNESS

www.karenmalkin.com



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Welcome and congratulations!

Thanks for following through with your curiosity to discover a delicious addition to taking care of yourself. You have just taken the first simple step to living a healthier lifestyle. Who says that “healthy” eating has to be boring or bland?

You are what you eat

I love food and I’m proud to say that I’m 50 years young, the mother of 4 boys, and I have more energy than I did when I was 25. This is the shake I crave every morning! My clients love it and I have a feeling you will too.

In this smoothie are 7 Superfood ingredients that changed my life, and continue to get outstanding results for my clients. First I’m going to share with you what these Super ingredients are and why they are good for you. Then I will share with you how to use them to make one delicious liquid meal.

What is a Superfood?

Superfoods are foods that fill in a nutritional deficiency. When you eat sugar, refined carbs, or trans fats your body gets robbed of nutrients. The body has to pull on its reserves in order to break down these foods. Superfoods do just the opposite. They provide you with an abundance of nutrients and they act to fill in the gaps so you feel more energized, your skin glows, you think better, digestion improves, and you simply feel more alive.

The 7 Superfoods that changed my life

There are hundreds of Superfoods, but I chose 7 specifically for their health benefits, flavor, and instant energy rewards. You’re about to discover the 7 Superfoods that changed my life. You’ll learn what they are and why you should eat them.

My top 7 Superfoods

Ok, let's get to it. These are some of the power-packed ingredients from which you'll soon benefit. Don't know where to find them? Look for them at your local health food store, **click photos** for individual items or **click here** for all 7 superfoods.

SUPERFOOD #1: COCONUT OIL

- High In Electrolytes: potassium, magnesium, phosphorous, sodium, and calcium
- Directly lowers blood pressure in 71% of people!
- Hydrates your skin from the inside
- Heals acne scars
- Burns fat
- Has anti-viral, anti-fungal and antibacterial properties



SUPERFOOD #2: RAW CACAO

- Contains Arginine which plays an important role in the release of hormones in the body
- Contains the compound phenylethylamine and anandamide which makes us feel "blissed out"
- High in chromium which balances blood sugar
- High in B vitamins which helps you stay sharp & focused
- High in magnesium which supports heart health, relieves menstrual cramps, and increase alkalinity



SUPERFOOD #3: DARK LEAFY GREENS

- Loaded with iron, calcium, potassium, and magnesium plus vitamins, including vitamins K,C,E and many of the B vitamins
- High in phytonutrients which keeps your eyes healthy
- High dose of Vitamin K protects your bones from osteoporosis



SUPERFOOD #4: RAW GOJI BERRIES

- Elevates mood
- 14% protein
- Highest food in the world in beta carotene (more than carrots!)
- 50x the amount of vitamin C than oranges
- Contains 21 trace minerals
- Contains polysaccharides which fortify the immune system
- Stimulates the body to naturally produce growth hormone



SUPERFOOD #5: HEMP SEED

- High in protein
- Contains all 20 amino acids that sustain life
- High in fiber which keeps things moving in your GI tract
- Boosts immune system
- Easily digestible



SUPERFOOD #6: FLAXSEED

- High in omega 3's - "good" fats that have been shown to have heart-healthy effects
- Lignans, which have both plant estrogen and antioxidant qualities. Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s
- High in fiber



SUPERFOOD #7: CHIA SEEDS

- Rich in antioxidants
- High in calcium, phosphorous, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc
- Slows the absorption of sugar giving you more long-lasting energy without the crash



Where do I find Superfoods

Again, if your local grocer or health food store doesn't have these little wonders, I have links to suppliers at www.karenmalkin.com/shopnow or simply **click here** for a group of items you may need.

Your Superfood Smoothie Recipe

Now that you know a little more about Superfoods, you can appreciate the power of the recipe below. Soon you will feel what a difference simple healthy foods can do for your life. Enjoy this daily in good health with my compliments!

Get your ingredients **here**.

Karen's Superfood Smoothie (single daily serving)

- 1 cup water or coconut water (nature's sports drink)
- 2 scoops MCTlean Vanilla Vegan Protein Blend
- 1 TBSP raw cacao nibs
- 1 TBSP hemp seed
- 1 TBSP ground flaxseed
- 1 TBSP chia seed
- 1 TBSP raw goji berries
- 1 cup organic frozen mixed berries
- 1 handful spinach, swiss chard, kale or your favorite DARK leafy green
- 1/4 beet, cut into pieces
- 1 TBSP coconut oil

Using a high powered blender or VITAMIX, add liquid and MCTlean vegan protein and blend for about a minute.

Add remaining ingredients and blend for about 1 minute or until the desired consistency.

Add ice if needed



Enjoy!



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Are you ready for a health upgrade?

As with all things amazing, this is just the beginning. If you are interested in learning more about improving your health and well-being, **read on...**



Does this sound like you?

I am blessed to support a wide variety of amazing clients who experience different challenges. They're probably very similar to you.

- *I am an active person, with a full and demanding life, who wants to be healthier, tone up, and experience an abundance of energy without burning out.*
- *I know what I need to do to get on track but have a hard time taking it from theory to practice.*
- *I can't find time to shop and cook.*
- *My hormones are out of whack, nothing's working and I don't know what to do*
- *I struggle with salt and sugar cravings no matter what I try.*
- *I want to feel energized, sexy, and confident.*
- *I know there must be an optimal way to eat well for my body type and would happily do it if I just knew what it was.*

If you recognize yourself in the statements above, and you're ready to make you and your health a top priority again... then we'd probably be a good match for each other.

All of my clients are smart, ambitious and health-conscious They're used to getting things done on their own, but they've come to realize that life would be SO MUCH BETTER if they had someone supporting, encouraging, and nurturing them.

How can I help you?

My mission is to empower you to become your own health expert and help you figure out which foods work for your unique body at this time in your life.

Every body is unique. What works for one person may not work for you. What worked for you 5 years ago may not work for you now. What I provide is a customized program implementing small changes that deliver BIG results.

Your next step

The best place to start is with a private nutrition consultation. This is a one-hour consultation in person or over the phone where you will get clear on what's keeping you stuck and together we will map out a plan of how to get unstuck.

Schedule a consultation today by emailing me karen@karenmalkin.com

Wishing you good health!

