



**MYELOMA
CANADA**
MAKING MYELOMA MATTER

Green Smoothie

IMMUNE, DIGESTIVE AND ENERGY SUPPORT



Prep time: 5 minutes



Cooking time: none



Total time: 5 minutes



Allergens: celery

Serving:
1 large portion
(approx. 400 ml)

Smoothie

- Gluten-free
- Dairy-free
- Vegan



INGREDIENTS

- 2 celery stalks—cut into quarters
- ½ small cucumber—cut into quarters)
- 30 g spinach
- 20 g kale—remove stems, roughly chopped
- 100 g pineapple- 2-inch cubes
- ½ lemon—squeezed
- 1-inch fresh ginger—peeled, sliced
- 1 tbsp ground flaxseeds
- 150 ml filtered water

PREPARATION

1. Wash all ingredients well with cold water.
2. Place water followed by ingredients inside a blender and blend until smooth.
3. Add more water if you prefer a smoother, lighter texture.
4. Transfer the smoothie into a glass and enjoy!

This nutritious green smoothie is a great way to kickstart your day. Add an extra protein boost with a spoonful of hemp, chia, nut* or seed* butter. Allow yourself to get creative with whatever you have in your pantry that can add depth, flavour and most importantly, nutrients!

*Allergen

RECIPE HEALTH BENEFITS

- Contains high amounts of fibre that promote healthy digestion and supports elimination pathways.
- Flaxseeds are rich in omega 3 (healthy fats) and great source of protein.
- Pineapples contain bromelain which is a digestive enzyme that has anti-inflammatory properties.
- Rich in antioxidants, phytochemicals, vitamins, and minerals.
- Contains immune supportive nutrients such as vitamins (A, C, E, D) and minerals (magnesium, zinc, iron, and selenium).
- Ginger aids with digestive discomfort and can decrease nausea and vomiting.

TIPS

- **It is best to consume the smoothie just after making** it to avoid nutrient loss. However smoothies will keep fresh for up to 12 hours in an airtight glass container in the fridge.
- **Pineapples and lemons contain numerous nutritional benefits** though very acidic and can cause irritation if you have mouth soreness or indigestion/reflux. Simply swap out for a low acid fruit such as mangoes or melon (*caution high sugar content in mangoes).
- **For diabetics**, try removing the fruit from the recipe and replacing with another green vegetable or a fruit that is low in sugar such as avocado or berries.
- **If you would like to increase your electrolyte levels**, add coconut water which contains magnesium, potassium, and sodium..
- **Avoid adding grapefruit to your smoothie recipe** as it can interact with the metabolism of certain medications.
- **Choose organic fruit and vegetables** if accessible. If not, peel when possible and wash well.

Green smoothies are the **quickest** and **easiest way** to pack in your nutrients without having to put mountains of greens on your plate should your appetite be reduced. They also produce very little waste.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- Brydon, Nadia. (2021). CNM Lecture: Juicing, Smoothies and Mocktails. London, United Kingdom.



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