

MANGO BANANA PROTEIN SMOOTHIE

INGREDIENTS:

- 12 almonds; or 9 macadamia; or 3 Tbsp of almond or macadamia nut butter**
- 1 cup of chopped mango pieces; or 1 mango cheek (1/2 mango) fresh or frozen**
- 1 banana**
- 2 prunes**
- 1½ cup of revitalized or pure spring water (adjust to thickness)**
- 1 Tbsp of *Omega Nutrition Pumpkin Seed Protein Powder* (*PSPP)**

DIRECTIONS:

Soak the almonds in water overnight, or in hot water until the skin softens. If in a rush, use boiled water to help remove the skin quickly and more easily. Peel the skin off under running water and add the nuts into a blending container.

Rinse the mango pieces (or sliced mango cheek) in a strainer and add them into the container.

Peel the banana and slice it into the container.

Rinse the prunes, remove the pits, and add them into the mixture.

Add the water. In cold weather, use boiled water to warm the smoothie.

Add the Pumpkin Seed Protein Powder.

Blend the ingredients into a creamy smoothie.

ENJOY for breakfast!

Serves 1

Use **organic** ingredients

Suitable for blood type O

For blood types A, B, & AB see: **Nutty Peachy Yogurt Smoothie**

*PSPP provides a higher concentration of protein than pumpkin seeds.

If PSPP is not available, use ¼ cup of fresh, raw pepitas/pumpkin seeds.

Almonds are actually the seeds of the fruit of the almond tree, which is a cousin of the peach, cherry, and apricot trees. Almonds are classified into two categories: sweet (*Prunus amygdalu var. dulcis*) and bitter (*Prunus amygdalu var. amara*). The sweet variety, with its buttery taste, is the type eaten.

Almonds originated in western Asia and north Africa. Romans referred to them as the “Greek nut” in reference to the civilization who had first cultivated them.

Spanish missionaries brought almonds to California, several hundred years ago, where they thrived. Almonds are also grown in Mediterranean countries including Italy, Portugal, Spain, and Morocco.

Almonds contain 28 essential nutrients including vitamins, minerals, fatty acids, protein, and fiber. They are a rich source of vitamins E and B2, biotin, manganese, copper, phosphorus, magnesium, molybdenum, and fiber. Once for ounce, almonds are one of the most

nutritionally dense nuts. Along with vitamin E, they are a good source of powerful antioxidants, including flavonoids.

Almonds provide protection against diabetes and cardiovascular disease. They can help reduce cholesterol levels and C-reactive protein (a marker of artery-damaging inflammation) as much as first generation statin drugs.

The skin contains phytic acid and enzyme inhibitors that can interfere with absorption of nutrients. Removing the skin helps overcome this. However, recent studies found potent antioxidants in skin, such as catechins (found in green tea) and naringenin (found in grapefruit). Perhaps, the solution is to activate the almonds or consume a small amount of them with their skin.

Homemade almond milk is far superior to commercial almond milk because it is unprocessed, contains all its enzymes, and does not contain any added ingredients.

Almond nut butter provides another option for enjoying the benefits of almonds in a more easily digested form.

While roasting loses some of the nutrition and may damage their valuable oils, dry roasting at a low temperature 160-170°F or 75°C minimizes this.

Almonds in their shell have the longest shelf life. Shelled almonds with their skin, in a sealed container/bag are a more convenient option and will last longer than almonds from a bulk bin. AVOID split, chopped, blanched, or slivered almonds as they quickly go rancid or moldy when exposed to moisture, air, light, and/or heat.

Select organic or spray-free almonds that are fresh and nicely colored. Read the ingredients on the label to make sure they do not contain sugar, corn syrup, flavors, vegetable oil, or preservatives. Store them in a sealed container in the fridge, or a cool dry pantry away from sunlight. Refrigerated almonds will keep for several months.

Indigenous to the rainforests of SE QLD and NE NSW, Australia, the **macadamia** is a genus of four species of trees and constituting part of the plant family Proteacea. They are also grown in Hawaii, New Zealand, California, and regions of Central & South America and South Africa. With their buttery flavor, they are considered to be the world's tastiest nuts.

Macadamia are a rich source of monounsaturated fatty acids, protein, dietary fiber, phytosterols, manganese, copper, magnesium, iron, phosphorus, zinc, thiamin, vitamin B6, niacin, riboflavin, pantothenic acid, and flavonoids, which convert into antioxidants such as polyphenols, flavones, and selenium. Macadamia also contain moderate amounts of folate, vitamins C and E, calcium, and potassium.

Select fresh unsalted, raw nuts in their hard shell, or lightly roasted nuts in a light protected container/package. Store them in the fridge or a cool dry pantry.

Native of S and SE Asia, the **mango** contains a variety of antioxidants, fiber, and nutrients, such as beta and alpha carotene, polyphenols, lutein zeaxanthin, folate, vitamins C, A, E, K, and B complex, potassium, magnesium, and traces of other minerals. The pulp of this sweet tropical fruit can be used as a juice, sauce, and dessert; or in smoothies, curries, ice cream, and chutneys.

For the best flavor, select mangos that are ripe but firm and mint that is dark green and leafy.

*Instead of peeling, which can be messy, cut off half (a cheek) on each side of the mango close to the pit. Then, cut a tick-tack-toe design into the flesh of the mango. Hold the mango, flesh side up, with both hands and push up on the skin side to elevate the square mango pieces. Then, simply cut them off the skin.

Bananas are thought to be native to Malaysia around 4,000 years ago. From there they spread throughout the Philippines and India, where Alexander the Great's army recorded them being grown in 327 BC. Arabian traders then brought them to Africa. When

Portuguese explorers discovered them in 1482, they took them to the Americas. Bananas now grow in most tropical and subtropical regions. The main commercial producers are Costa Rica, Mexico, Ecuador, and Brazil.

Bananas, including plantains, belong to the *Musaceae* family of plants. They are a rich source of potassium, manganese, copper, biotin, magnesium, and fiber. Bananas are also high in vitamins C, B6, B3, B2, folate, pantothenic acid, alpha and beta carotene, lutein, and zeaxanthin. This makes them especially beneficial for cardiovascular health, blood pressure and heart function. They are also good for athletic performance.

Though bananas are naturally sweet and creamy, they have a low glycemic index (GI) because of their high and unique fiber content. As bananas ripen and soften, their water-soluble pectin (fiber compounds) and fructose content increase, which in turn moderates carbohydrate digestion and blood sugar levels. In addition they contain unique fructose-containing carbohydrates that are not broken down by enzymes in the digestive tract. When in the lower intestine/colon, they become metabolized by bacteria. This process helps maintain the balance of "friendly" bacteria (e.g. *Bifidobacteria*) and overall colon and digestive health.

Bananas come in numerous varieties such as Cavendish, Big Michael, Martinique, and Lady Finger. The less sweet, more starchy plantain bananas, with their higher beta carotene content, are cooked like vegetables since they are unsuitable to eat raw.

Select yellow sweet bananas that are slightly ripe but still firm. Plantains are larger and more green or dark (black) when ripe. Do not refrigerate unripe bananas. To ripen bananas store them at room temperature in a paper bag. Brown or dark spots indicate that they have ripened and are sweeter. To stop the ripening process store them in the fridge, but bring them back to room temperature before consuming.

Prunes, which are actually dried plums, originated from the Caspian Sea area over 2,000 years ago. Scientifically they are known as *Prunus domestica*, and belong to the *Prunus* genus of plants, which are relatives of the peach, nectarine, and almond. In Ancient Rome, there were over 300 varieties.

The Pilgrims introduced European varieties into the U.S. in the 17th century. Japanese varieties, originally from China, were introduced into the U.S. in the late 19th century. California, where the drying of prunes took hold in the middle of the 19th century, is now the world's leading producer of prunes.

Though naturally very sweet, prunes release their sugars slowly because of their high soluble (60% pectin) and insoluble fiber content. Thus, they help eliminate waste, lower cholesterol, and in the prevention of heart disease and cancer. Their insoluble fiber also promotes friendly bacteria in the large intestine, contributing to colon health and in the relief of constipation.

Prunes/dried plums are high in unique phytonutrients and increase the absorption of iron. They are also rich in potassium, manganese, iron, vitamins K, B, and C, beta carotene, lutein/zeaxanthin, phenols, and other antioxidants. The phenols, neochlorogenic and chlorogenic acid in prunes neutralize superoxide anion radicals and prevent oxygen-based damage to fats.

A new variety of plum, called Queen Garnet, has recently been developed in Australia. It has exceptional health benefits, with its high amount of anthocyanin and ability to assist in weight loss.

Select prunes that are rich in color, plump, shiny, relatively soft, and free of mold and preservatives such as sulfites. Prunes can last up to 6 months when refrigerated in an airtight container. To soften and clean, wash in warm water.

Dancourt Trading (IGA), Australia <http://www.dancourt.com.au/nuts/> 617 5437-0930
Eco Farms, Australia: <http://www.ecofarms.com.au/> 612 9764-2833 & 617 3892-2400
Elgin Organics, Australia <https://www.harvestime.com.au/> 617 3807-5264
Food To Live, USA <https://foodtolive.com/> 347 713-4968
Hiltona/Brooke-Kelly's Organic Fruits, Australia: 612 6383-3229
Newman's Own Organics, Snowden Bros., Morning Glory, & other reputable brands, USA
Nuts.com, USA <https://nuts.com/nuts/walnuts/organic.html> 1 800 558-6887
Omega Nutrition, USA & Canada: <http://www.omeganutrition.com/> 1 800 661-3529
Oob Organic Blueberries, NZ <http://www.oob.co.nz/> 649 974-3242
Rainforest Foods, Australia <http://www.rainforestfoods.com.au> 612 6680-8199,
Sun Organic Farms, USA <http://www.sunorganicfarm.com/> 1 760 510-8077/888 269-9888
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