



Health Breakdown

GLUTENFREE
VEGETARIAN
SOYFREE

TARGETS
SEROTONIN
GABA
DEPRESSION
MUSCLE RECOVERY
FATBURN

KALE + WHEY SMOOTHIE

Servings: 1 Time: 2 minutes

Whey has been found to mimic the life extending effects of caloric restriction, making it a true anti-aging food in every way. Whey provides all 18 amino acids, naturally occurring bioactive components such as immunoglobulins and lactoferrin, and a cysteine concentration over 4-fold higher than other proteins. Whey also significantly boosts glutathione, the strongest antioxidant that inhibit diseases of aging. In addition, whey has been found to suppress appetite, boost serotonin, reduce muscle wasting in the elderly, reduce the risk of diabetes, inhibit cancer, and defend against cognitive decline.

Reference: Int J Sport Nutr Exerc Metab. 2006 Oct; 16(5):494-509. The effect of whey isolate and resistance training on body composition, and plasma glutamine. Cribb PJ

What's in it?

- 1 scoop whey
- 3 tbsp. coconut cream
- 1 frozen banana
- 1 big handful fresh kale
- 3 tbsp. water
- Topping: hazelnuts + blueberries

What to do?

- Place everything except toppings in blender
- Blend until smooth
- Pour into tall glass
- Top with blueberries + hazelnuts

