The Best Super Foods to Add to a Smoothie

When drunk in moderation, smoothies are an excellent source of vitamins and minerals. Packed full of heart-healthy ingredients, there’s literally hundreds of different smoothie recipes you can create.

If you want to gain maximum benefits from adding smoothies to your daily diet, there’s a few “super food” ingredients you’ll want to add.

To give you a little inspiration, below we’ll look at the best super foods to add to a smoothie.

1. Chia seeds

Chai seeds are by far one of the best super foods out there. They’re also really easy to add to your daily diet too. They contain high levels of omega 3 fatty acids, protein and fiber.

One of the best things about chai seeds however, is the fact they don’t really taste of anything. So, you can add them to a wide range of dishes, including smoothies, without even realizing you’re eating (or drinking) them.

2. Goji berries

Goji berries are best known for their natural, fantastic healing properties. They contain amino acids, antioxidants and plenty of different vitamins and minerals.

They add a nice sweet taste to smoothies and also give them a fantastic color! They’re real benefits however are they’re ability to fight off diseases, improve your eyesight and perfectly balance the hormones.

3. Aloe Vera

Ok, so this one may seem a little odd, but this amazing plant comes with some pretty impressive benefits. While they’re not super-easy to find, aloe vera leaves make a great addition to smoothies.

The health benefits provided include inflammation reduction, maintaining good blood sugar levels and cholesterol lowering properties.

4. Cacao

Want your smoothies to taste delicious? Cacao provides a strong, dark chocolate taste that makes you feel you’re having an indulging treat.

It’s basically like raw chocolate and it boasts extremely powerful anti-inflammatory properties and contains a wide range of antioxidants.

5. Cinnamon

Cinnamon is one of the lesser known super foods and it helps to provide a tasty kick to your smoothie recipes. It can help combat bacteria and also help to lower cholesterol.

It’s worth noting that cinnamon best complements creamy based smoothie recipes. It’s sweet and spicy flavor is unique and can really liven up breakfast smoothies.

Overall, there’s so many super foods out there, but the ones listed above are considered some of the best to add to smoothie recipes. Just remember to have them in moderation, particularly if you’re using lots of fruits which are known for their high sugar content.