Complementary blog post: The Best Super Foods to Add to a Smoothie

Subject: Best Super Foods to Make a Green Smoothie

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If you’re looking for an easy way to add super foods to your diet, smoothies are the answer. You can add lots of different superfoods into just one smoothie, making it possible to get your daily intake in just one meal.

Green smoothies are especially healthy and contain some of the best super foods for your health. Not sure how to make them? Here we’ll look at the best super foods to create a green smoothie.

1. Avocado

Avocados are an excellent source of healthy fats, helping to not only keep you feeling full, but also to make your skin glow. Their benefits don’t just stop there either. There’s around 20 different vitamins included in a single avocado so with this super food alone you’ll be providing the body with plenty of goodness. As an added benefit, avocados also make green smoothies a lot creamier.

2. Chai seeds

No smoothie should be complete without chai seeds. Containing a high level of omega 3 fatty acids, this super food is great for the brain. They’re also fantastic at fighting off heart disease and they are packed full of nutrients. You can add up to three tablespoons of these amazing seeds into each smoothie.

3. Coconut oil

If your main goal is to lose weight, you’ll want to ensure you add coconut oil to your smoothies. It contains amazing fatty acids which are known to convert into energy and fight off fat. All you need is just one tablespoon and the oil will get to work almost right away.

4. Spirulina

Found in most health stores, spirulina may not look pretty, but it’s full of nutritious goodness. It’s actually made from pond algae and if we’re being honest, it doesn’t have the best taste. However, in terms of health benefits it’s really hard to beat.

5. Flax seeds

Another super seed, flax seeds contain a high level of fiber. It’s great at removing toxins from the body and can help boost brain function, it gives you softer skin and it can really boost your cardiovascular health, along with giving a boost to your immune system.

There are a lot of super foods you can add to smoothies. If you don’t fancy purely sticking to green smoothies, check out this blog post on our website of the best super foods to add to any smoothie.

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So, if you’re looking to really boost your health the above 5 super foods are exactly what you need. Green smoothies are renowned for their exceptional health benefits. Why not try one for breakfast and see just how much better they make you feel.

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