

Yoga Body Nutrition



Get Up And Go Girl (and Guy)! Green Smoothie

As I mentioned in step 4, greens are one of the highest leveraged foods you can eat for your energy. But that's not all these nutritional powerhouses are good for! Leafy greens are a magic weight loss food (if you have weight to shed). Just increase your leafy green intake and watch the pounds melt away. They help calm you, keep anxiety down and lift your mood when you're feeling a little down. The high mineral content in this low calorie food group helps build bone and add to a glowing complexion. These wonder vegetables help build blood because of their iron, and are a good source of vegetable protein. Blending them into a green smoothie is one of the best ways to assimilate all these amazing nutrients. Plus green smoothies are absolutely delicious – don't let the green color fool you!

6-7 Romaine lettuce leaves
1 handful spinach or 3 leaves kale
2-3 stalks celery
1 banana
1 green apple
Squeeze lemon or lime juice
Teaspoon raw extra virgin coconut oil
About ½ cup unsweetened almond milk or water (enough to blend to your desired consistency)

Toss everything into your blender (I suggest the [Vita-Mix](#) for best energy and results) and blend on high until smooth – about 60-90 seconds.

Variation: To make a low sugar option, use half a ripe avocado instead of the banana and add a little bit of stevia for additional sweetness.

Add some fresh ginger for a wintrier smoothie.

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Rich Chocolate Divinity

This recipe is the bomb! It satisfies any chocolate craving, is loaded with superfood nutrition, and contains no energy-draining sugar, processed chocolate or dairy. My clients rave about this recipe.

Enjoy!

1 ripe medium avocado, pitted and peeled
10 dates, soaked 4-8 hours
1/2 cup [raw cacao powder](#)*
1/2 cup carob powder
2-4 drops [liquid stevia](#) or to taste
1 T raw/unrefined coconut oil

Yummy add-ons include:

1/2 t. cinnamon, 1/4 t cloves, 1/4 t nutmeg, 1/4 t dried ginger
1 t. vanilla extract
1-2 tsp. [maca powder](#) (tasty aphrodisiac, good for hormonal balance)
5-7 drops [Young Living](#) orange essential oil or 1 t grated orange zest

Process all of the ingredients in a food processor until smooth.

You have options with this delectable mixture. The photo above shows them rolled truffle-style. If you choose that option, simply take about a tablespoon of the mixture at a time, roll into a ball in your palms, then roll in any topping to your liking. Some toppings include dried coconut, chopped [goji berries](#), chopped nuts, [crushed raw cacao nibs](#), dried raspberry powder, [raw cacao powder](#) or anything else your imagination can devise.

You can also serve it in small serving bowls as a “pudding” with fresh berries, chopped nuts, etc.

This is rich stuff. Enjoy slowly, savor luxuriously . . .

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For info and ordering on Young Living oils (amazing!), go to www.YoungLiving.com and use customer number *904207* to set up an ordering account.