

ABBAY DELRAY SOUTH |



A LIFESPACE COMMUNITY®



WELLNESS WEDNESDAY

Smoothie: **Brain Power**

Ingredients: 1/2 Cup filtered water.

Fresh juice of 1 half lemon.

12 ripe cherries, pitted.

1/2 cup peaches, peeled, pitted, and rough slices
(1 small peach).

1 cup strawberries, rinsed, hulled, rough sliced.

1/2 cup blueberries, rinsed.

1/2 green apple, cut.

1/2 banana.

Blend until smooth.

Peach - improves digestion, heart health, builds strong immune systems, and improves allergy symptoms.

Strawberries - heart protector, increases good cholesterol, lowers BP, and guards against cancer.

Bananas - potassium helps with muscle cramps, keeps your heart healthy, lowers your BP, lowers your risk of stroke.

Blueberries - rich in antioxidants, helps lower your BP, boosts cognitive function, and improves cholesterol.

Green apple - helps prevent skin cancer, helps prevent Alzheimer's, asthma, and diabetes. It's high in fiber which helps increase your metabolism.

Cherries - low in calories, high in fiber, vitamin C, A, and K. Rich in antioxidants.

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