

Blueberries

Blueberries are the antioxidant king & link to delays in mental aging by up to 2.5 years. Blueberries also aid in memory, brain function, muscle recovery, & delay cognitive decline.

Banana

Bananas contain tryptophan, a protein type that the body converts into mood-lifting serotonin in the body. They also have Vitamin B-6 that promotes the production of serotonin & dopamine, helping with concentration.

Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, gluten-free, & a great source of Vitamin D.

Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory and concentration, they have a high dose of lutein, improving brain function.

Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. Collagen is found in all of these tissues & improves skin health, nail strength & slows the effects of aging.

Almond Milk

Almonds are packed with Vitamin E & loads of healthy fats that help to absorb more Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

Maca

Maca is known for increasing libido in men & women & can even improve fertility in men. Other benefits of using maca include menopause symptom relief & enhancing mood by reducing anxiety.

Water

Water is required by every cell in the body & is vital for all body functions. Water helps transport oxygen & nutrients, which are crucial for brain function, also providing cushion & lubrication to brain tissue.

Antioxidant + Libido-Boosting Blueberry-Banana Smoothie



**Antioxidant +
Libido-Boosting
Blueberry-Banana
Smoothie**

Instructions

Combine in Blender:

- 1 cup of **frozen blueberries**
- 1 whole **banana**, peeled
- 1 whole **avocado**, peeled; remove the seed
- 1 container (24 oz) of **organic dairy-free (blueberry) cashew-milk yogurt**
- 1-1½ cups of **unsweetened almond milk**
- 2 scoops of **unflavored collagen + dermaval**
- 2 tsp of **organic maca powder**
- 1 cup of **cold, purified water**

Blend, sip, & enjoy!

Recipe

- **Forager Project: Organic Dairy-Free (Blueberry) Cashew-Milk Yogurt** - 1 container (24 oz)
- **1st Phorm: (Unflavored) Collagen + Dermaval** - 2 Scoops
- **Elmhurst: (Unsweetened) Almond Milk** - 1-1½ cups
- **Wyman's: Frozen Blueberries** - 1 cup
- **Avocado** - 1
- **Banana** - 1
- **Thrive Market's Organic Maca Powder** - 2 tsp
- **Purified Water** - 1 cup

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Substitutions

- **Customize & substitute any of your favorite wild berries! - Strawberries, raspberries, blackberries, etc. Frozen berries are excellent to use in smoothies & they taste AMAZING. Using frozen fruits allows you to have a cold smoothie without the ice-y texture, which is great unless you're making a margarita! I use a variety of natural smoothing agents like avocado & yogurt to create a nice creamy blend! Wyman's: Frozen Blueberries are my go-to, & blueberries are the antioxidant KING; you'll hear me rave about them regularly & now you know why! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!**
- **I used Forager Project: Organic, Dairy-Free (Blueberry) Cashew-Milk Yogurt as a smoothing agent for this recipe; this yogurt is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another base for your smoothie, always check the ingredients before choosing a product. A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!**
- **Elmhurst: Almond Milk is a dairy & gluten-free milk alternative with just two ingredients: almonds & water. Elmhurst also sells various other types of nut milk that you can swap out in this recipe! If you have a nut allergy, feel free to substitute this for pasteurized goat's milk! Again, a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!**
- **I aim towards the unflavored collagen powders (considering most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health)! I use 1st Phorm: (Unflavored) Collagen + Dermaval, which includes all five collagen types: hydrolyzed bovine, bovine bone broth, chicken, egg, & fish. If you choose a different product, make sure to double-check what types of collagen are included in the blend, as some may only have 2-4 different types. Also, dissect the nutrition labels for any harmful ingredients!**
- **Thrive Market: Organic Maca Powder is certified gluten, dairy, soy, & BPA-free, + more! This maca powder is a staple in my smoothies. The best part is it only has one ingredient: maca; however, there are various powders on the market, so if you decide on another product, please make sure always to check the ingredients before choosing! A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!**