



Blueberry and Spinach Superfood Green Smoothie

Compounds that aid in cancer prevention are antioxidants and phytochemicals. The former blocks cell-damaging free radicals and include blueberries, apples, coffee, tomatoes, beans and dark leafy greens like spinach and kale. There are two phytochemicals to consider for their anti-cancerous qualities: Sulforaphane and Isoflavone. Sulforaphane is found in cruciferous veggies, such as broccoli, brussel sprouts and cabbage. This chemical blocks DNA mutations and reduces inflammation in the body. The latter, Isoflavone, is found in legumes and can reduce the risk of breast and prostate cancers.

Ingredients

- 1 medium ripe banana
- 4 large ice cubes
- 1/2 cup fresh blueberries
- 1/4 cup water, or milk substitute

Directions

1. Gather the ingredients.
2. In a blender, blend together the banana, ice cubes, blueberries, and liquid until smooth.
3. Add spinach and blend again until completely smooth and creamy.
4. No sweetener is needed in this recipe, as the blueberries carry the flavor and are plenty sweet on their own, but if you find this smoothie a bit too bland, try adding a touch of agave nectar to give it a bit more zing. Blend to incorporate.
5. Serve and enjoy.

Sources: [The Spruce Eats](#)



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