



De-Stress Recipes

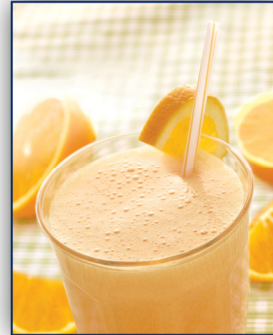
Week 4: Vitamin C

Vitamin C: Studies suggest this vitamin C can reduce levels of stress hormones while strengthening the immune system. In one study, done in people with high blood pressure, blood pressure and cortisol levels (a stress hormone) returned to normal more quickly when people took vitamin C before a stressful task.

Orange Booster Flax Smoothie

Ingredients

- 2 cups frozen peach slices
- 1 cup carrot juice
- 1 cup orange juice
- 2 tbsp ground flaxseed
- 1 tbsp chopped fresh ginger



Instructions

1. Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.

Tip: Look for ground flaxseeds (or flaxmeal) in the natural-foods section of large supermarkets or in natural-foods stores. Store in the refrigerator or freezer.

Nutritional Information (per serving)			
Calories	209	Monounsaturated	1 g
Protein	5 g	Cholesterol	0 mg
Carbohydrate	41 g	Sodium	38 mg
Total Fat	4 g	Fiber	6 g
Saturated Fat	0 g	Makes 2 servings (1 ½ cup each)	

Nutrition Bonus: Vitamin A (467% daily value), Vitamin C (137% dv), Potassium (28% dv), Magnesium (20% dv)

Resource: <http://www.eatingwell.com/>