

DE-STRESS RECIPES

VITAMIN C

Vitamin C: Vitamin C is a well-known antioxidant that has been related to improved levels of stress hormones while strengthening the immune system. Under oxidative stress, people who have high levels of Vitamin C do not show the expected mental and physical signs of stress (Psychology Today Canada, 2016).

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 cal	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)			

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