

Blueberry Chard Smoothie

2 servings

2 Tb chia seeds
1 ½ cups water
2 cups chard
2 cup frozen blueberries
½ teaspoon minced fresh ginger, plus more to taste
1 Tb lemon juice
Few drops of stevia (optional if you like things sweet)

- Soak chia seeds in water for 30 minutes or overnight in the refrigerator.
- Put all ingredients into a Vitamix or blender and blend on high until smooth and creamy.

Nutrition Information

Swiss chard helps cleanse the body, and regenerate cells, blood and the respiratory system. Recent research has shown that chard leaves contain at least 13 different polyphenol antioxidants, including kaempferol, the cardio-protective flavonoid that's also found in broccoli, kale, strawberries, and other foods.

Syringic acid, one component of chard has received special attention in recent research due to its blood sugar regulating properties. When this enzyme gets inhibited, fewer carbs are broken down into simple sugars and blood sugar is able to stay more steady. Like beets, chard is a unique source of phytonutrients called betalains. In the betalain family are found reddish-purple betacyanin pigments as well as yellowish betaxanthin pigments. Both types can be found in chard! Many of the betalain pigments in chard have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

Blueberries are also loaded with antioxidant and detoxification support. They are relatively low-sugar fruits full of vitamins and minerals.