



Way to Go! NUTRITION

Green Smoothies ...

A fabulous drink made with a variety of nutritious greens like kale, swiss chard, spinach, collard greens, and even dandelion first blended in water.

Add in some specialty herbs like mint, lemon balm or arugula and you're rolling. Next, add in fresh fruit like apples or pears for fiber, blueberries or raspberries for super antioxidants, and deliciously sweet pineapple, peach or mango to clinch the taste.

There's a few other secret ingredients we'd love to tell you about.

Join us in class for the real deal experience!

You are Invited . . .

Green Smoothie Demo

Tues. June 7th, 7-9 pm

Location:

**1507 Devos Drive
London N5X 4K9**

A minimum of five fabulous tasting Green Smoothie recipes will be sampled at this event with three recipes being demonstrated live.



Discover the top ten reasons why smoothies are considered to be the ultimate anti-aging drink. We will cover how to shop for the leafy green vegetables as well as super foods like sprouted barley grass juice or gogi berries; how much to make and drink each day; and the various nutritional principles like alkalizing the blood. You will love the handout package that's included too!

Helen has been blending smoothies for four years now using the amazing hi-speed Waring commercial blender. The 3.5 HP engine ensures that the cell membranes of leafy greens is sufficiently pulverized to release valuable minerals. Likewise the nutrients from the skin, seeds and core of fruits are utilized for added energy and vitality!

RSVP to 519-680-2884 or email to luczak@rogers.com.

Cost: \$20 (includes recipes) Note: Day Class – June 10th

<http://www.waytonutrition.com>