



Ginger Pear Smoothie Serves 2.

This is a refreshingly crisp smoothie. It's not too sweet, although the riper the pear, the sweeter it will be. If you want it sweeter, add one or two dates. This is an alkaline-forming beverage that's ideal as a post-workout snack. The protein helps rebuild muscle tissue, and the carbohydrates in the fruit help replenish muscle glycogen (glycogen is our primary short-term energy storage), while the ginger helps further reduce inflammation.

INGREDIENTS:

- 1 banana
- ½ pear, cored
- 2 cups cold water (or 1½ cups water plus 1 cup ice)
- 2 tbsp hemp protein
- 1 tbsp ground flaxseed
- 1 tbsp grated ginger

INSTRUCTIONS:

Blend all ingredients until smooth.

VARIATION: To add more electrolytes and natural sweetness, substitute O.N.E. 100% Coconut Water for water.

Nutrients per serving: Calories: 133, Total Fat: 4 g, Sat. Fat: 0 g, Omega-3s: 1,115 mg, Omega-6s: 1,076 mg, Carbs: 23 g, Fiber: 5 g, Sugars: 12 g, Protein: 6 g, Sodium: 6 mg, Cholesterol: 0 mg

Nutritional Bonus:

If made with O.N.E. 100% Coconut Water, this smoothie is particularly high in electrolytes. Minerals such as sodium, potassium, calcium, magnesium, chloride and phosphate are categorized as electrolytes, which ensure proper hydration and healthy heart rhythm, prevent cramps and maintain fluid muscle movement.

MUST-HAVE KITCHEN STAPLES

Here are some mighty ingredients and the one must-have tool your kitchen can't go another day without.

Vega Whole Food Smoothie Infusion contains complete protein from hemp, pea and rice proteins. It also contains greens, fiber and omega-3s. In addition to being a smoothie base, it can be used on a one-to-one ratio instead of up to 20 percent of the flour in traditional recipes. Use three tablespoons in lieu of hemp protein and ground flaxseed in the smoothie recipe on page 72. myvega.com

Vega Antioxidant and EFA Oil Blend is cold-pressed and organic, and contains seed oils from hemp, flax, green tea, pomegranate, black cumin, pumpkin and other plants. It's ideal for a salad dressing and sauce base. It can also be substituted for butter in baking recipes. Replace the hemp and flaxseed oils in these recipes with this oil for an antioxidant boost. myvega.com

Salba is a nutrient-dense grain that's high in protein, fiber and omega-3s. It adds flavor and texture, and also serves as a substitute for eggs and flour in baking. sourcesalba.com

O.N.E. 100% Coconut Water is unsweetened, contains no preservatives and has more potassium than a banana! It will add natural sweetness and elec-

trolytes to your smoothies. It's also a healthy alternative to sweetened fruit juices and sport drinks. onecoco.com

Stahlbush frozen berries come from Oregon's Stahlbush Island Farms, which grows fruit and vegetables sustainably. Their berries are an excellent source of whole-food nutrients including antioxidants, making them an ideal addition to a smoothie. stahlbush.com

Manitoba Harvest grows, processes and packages organic **hemp seeds and hemp foods and oils**. Hemp seeds are high in protein, essential fatty acids (EFAs) and fiber. Among other things, they're a good topping for salads. manitobaharvest.com

Maine Coast Sea Vegetables offers organically grown and sustainably harvested underwater veggies, including dulse. They're low in fat and contain important electrolytes such as potassium, magnesium and iodine. Their dulse granules are an excellent salt substitute. seaveg.com

Vita-Mix Blenders are powerful, high-quality kitchen appliances ideal for making whole-food smoothies. Since you can't pick one up in stores, visit vitamix.com to get one sent to your door.