

## Recipe: Berry Burst Smoothie

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Berry Burst Smoothie from Miraval Austin is full of healthy fats, fiber, protein and a little flavor boost from fresh herbs or cacao nibs.

**This Berry Burst Smoothie from Miraval Austin** is a great example of how you can create a nutritious and balanced meal that's packed with vitamins, minerals and macro-nutrients to help you feel fulfilled, and not just full. It's packed with healthy fats, fiber, protein and a little flavor boost from fresh herbs or cacao nibs, which helps guests truly embrace Miraval's ethos of inspiring a life in balance.

Contrary to our typical fast-paced routines, I often challenge guests to enjoy a smoothie in a bowl, with a spoon, or even freeze them into a popsicle! The point is to take a moment and be mindful of how you are consuming it.

Experiencing new textures that encourage us to chew or enjoy food properly can aid smooth digestion and nutrient absorption. When we bite into a popsicle, or even swish a smoothie around on the tongue, our body releases digestive enzymes in the stomach that help break down food so it can be converted into energy. When food is eaten quickly or not digested properly, digestive issues like indigestion, acidity, bloating, heartburn and constipation may arise.

Keeping the five essential nutritional elements in mind, this recipe is fully customizable while honoring nutrition, staying power and providing satisfaction. I say that when it comes to assembling your nutrition, it's all in your intention. Intentionally choosing flavors *you* enjoy, along with nourishing ingredients that stabilize blood sugar, can optimize your energy, promote sharp focus and fulfill you throughout the day.

## **Berry Burst Smoothie**

- 1-2 cups plant milk
- 2 cups mixed berries, frozen (strawberries and blackberries)
- ½ avocado, frozen
- ½ zucchini, frozen
- 1 handful dark leafy greens (arugula, spinach, etc.)
- 1 scoop protein powder
- 4-5 mint leaves

Blend all ingredients together until smooth.

**Samantha Blumenthal** is the culinary specialist at Miraval Austin. A registered dietitian, Blumenthal is dedicated to helping guests explore the value of reconnecting with food to enhance and strengthen the mind-body relationship.