



“Beyond adding punchy flavour to your daily cooking, basil’s highly fragrant leaves also have some notable health benefits.”



protein POWER

If you want to boost protein numbers, you can also blend in a protein powder such as organic hemp or whey.

BASIL AVOCADO SMOOTHIE PACKS

These ready-to-go frozen smoothie packs are the perfect way to keep your cool and flood your body with a bounty of nutrients. Many people overlook the punchy flavour that fresh herbs such as basil can add to frosty smoothies. This deliciously thick drink is also a good way to help your muscles recover after a spirited workout. If the frozen contents freeze together, be sure to break up the bundle before adding to blender to allow for easier blending.

- 2 small avocados, peeled and cubed
- 4 cups (1 L) baby greens, such as spinach or kale
- 1 cup (250 mL) packed fresh basil
- 1 medium cucumber, chopped
- 2 in (5 cm) piece fresh ginger, peeled and roughly chopped
- 2 bananas, peeled and roughly chopped
- 4 cups (1 L) plain almond milk or other milk of choice
- 2 cups (500 mL) plain yogurt
- 1/4 cup (60 mL) hemp hearts
- 4 tsp (20 mL) honey

Divide avocado, greens, basil, cucumber, ginger, and bananas evenly among 4 reusable containers or bags and freeze until solid.

When ready for a smoothie, place 1 cup (250 mL) milk, 1/2 cup (125 mL) plain yogurt, 1 Tbsp (15 mL) hemp hearts, 1 tsp (5 mL) honey, and contents of 1 smoothie pack in blender and blend until smooth. Blend in additional milk if mixture is too thick.

Makes 4 smoothies.

Each serving contains: 390 calories; 15 g protein; 21 g total fat (3 g sat. fat, 0 g trans fat); 42 g total carbohydrates (24 g sugars, 10 g fibre); 301 mg sodium >>