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## Eastwood WEALTH

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### Purple Jungle



This is one of our favorite smoothie recipes. It packs powerful nutrients and is great as a light meal on the go. Using the freshest organic produce available, mix the ingredients in a high speed blender and enjoy. Cheers, Tim

½ cup of organic blueberries

1 whole banana<sup>1</sup>

As much organic spinach as you desire<sup>2</sup>

1 tablespoon of organic beet powder<sup>2</sup>

2 tablespoons of ground organic golden flaxseed and chia seed<sup>3</sup>

Add a few dried organic goji berries

1 tablespoon of organic hemp seeds

1 ounce of walnuts<sup>4</sup>

1 packet of frozen, organic pure unsweetened Acai Superfruit

1 cup of organic, unsweetened Coconut Milk or Almond Milk<sup>5</sup>

*An easy version of the Purple Jungle can be made by using the blueberries, banana, spinach, goji berries, Acai and coconut or almond milk in the above measurements*

Notes: <sup>1</sup> For a more frozen smoothie texture, peel and freeze the banana beforehand.


<sup>2</sup>The addition of spinach and beet powder does not change the flavor of the smoothie.

<sup>3</sup> Flaxseeds are not water soluble and will need to be ground to achieve the best results. An inexpensive coffee grinder will do the job. Chia seeds are water soluble. For convenience, grind the flaxseed and chia together and add a couple of heaping tablespoons. This mixture is also great to use with salads and meal preparation.

*"Flaxseeds, chia seeds and hemp seeds are a good source of omega-3s, rich in lignans and have strong anti-cancer effects. Flaxseeds have the most dietary lignans of all foods. They have about 3 times the amount found in chia seeds and 8 times the amount found in sesame seeds. Kale and broccoli also contain lignans, but only about one-tenth the amount in sesame seeds per serving. Flaxseeds are clearly superfoods; even with a mediocre diet they offer powerful protection against breast cancer." Dr. Joel Fuhrman, [www.drfuhrman.com](http://www.drfuhrman.com)*

<sup>4</sup>Walnuts have many health benefits, but they are high in fat. One ounce fits nicely in the cupped palm of your hand before your fingers begin.

<sup>5</sup>Almond milk is a low-fat dairy alternative. Choose a brand that is low in sodium, unsweetened and contains no added sugar. Whole Foods 365 brand matches this criteria.

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1213 Culbreth Drive, Wilmington, NC 28405, 910-509-7123, 910-509-7125 Fax  
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