

Recipe by Susan Irby, CFNS, CFH, creator of The Bikini Chef®, special to DementiaSherpa.com.

Note from Christy Turner, DementiaSherpa.com: *Great for people who need to take medications with food but just don't have an appetite for a meal.*

Kale Antioxidant Cocktail Mocktail

Makes about 7 cups

2 ½ cups fresh kale, leaves cut from stalks
1 large cucumber, ends trimmed, skin on, seeds left in, roughly chopped
¾ cup seedless green or red grapes
1 granny smith apple, roughly chopped
2 stalks celery
1 pineapple stem
½ fresh avocado
1 fresh avocado seed, halved for easier blending
½ tablespoon fresh gingerroot
¼ cup fresh mint leaves
¼ teaspoon turmeric
Juices of 2 lemons
Juice of 2 limes
4 cups distilled water
1 teaspoon chia or flaxseed
1 tablespoon manuka honey
½ teaspoon black sesame seeds
1 tablespoon goji berries
5 strands cordyceps (optional)

Blend all in a blender and drink 1 to 2 cups twice daily for three days.

Nutrition:

Serving size: 1 cup

Calories: 60

Fat: 0.4g

Saturated fat: 0.0g

Sodium: 21mg

Carbohydrates: 14.7g

Protein: 2.3g

Fiber: 3.1g

**NOTE: This recipe provides 122% of the RDA for vitamin A, 99% vitamin C, and is high in potassium, magnesium, and thiamin*

NOTE: These tips and recipes are not meant to diagnose or cure disease and health conditions. As with any change in diet, consult your doctor for specific guidelines.