



WELLNESS  
WEDNESDAY

*Smoothie:* **The Beacon Refresher (2 servings)**

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*Ingredients:* 5 Avocados (out of shell)

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1/4 cup + 1 Tbsp yogurt

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3 Tbsp apple juice concentrate or apple sauce

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1/4 cup + 1 Tbls honeydew cubes

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1/4 cup + 1 Tbls milk

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1/4 tsp honey

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1 cup ice

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*Blend until smooth.*

**Avocado** - excellent source of vitamins C, E, K, B6, magnesium, and potassium. Vitamin E helps protect against declining memory and thinking skills. Contains heart healthy fats.

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**Apple juice concentrate** - the juice contains antioxidants which supports heart health, reduces risks of certain cancers, and helps relieve symptoms of asthma.

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**Honey** - great source of antioxidants, helps to heal wounds, helps with digestive issues, and soothes a sore throat and cough.

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**Honeydew** - helps reduce blood pressure, rich in electrolytes, supports healthy skin, boosts the immune system, and promotes proper digestion.

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**Yogurt** - high in protein, contains probiotics, which improves digestive health, rich in calcium which is needed for strong bones.

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