

Breakfast with Matcha

MATCHA, CHIA, AVOCADO, AND RASPBERRIES BREAKFAST.



Perfect breakfast: get it as a preventive medicine

Breakfast smoothies are highly praised these days, so, why not come up with a thick creamy, healthy recipe that would make the perfect breakfast to have in bed treat or to bring to start your day before to start to work.

This smoothie bowl requires a little bit of prep the night before so that you have a really thick base to start with in the morning; otherwise, it's as simple as making a regular smoothie.

If Breast Cancer is called the Rich Food disease in China, in reference to women eating meat, dairy, and sugar, in Japan old studies reported a low rate of breast cancers in the rich Japanese women population. Part of the differences in lifestyle, drinking Matcha tea, is correlated with the low rate of Breast cancer.

A correlation has been made between high consumption of soy, very little dairy, and risk of breast cancers.

More studies showing that the main factor is to eat the "good" fats, whatever is the quantity.

Mono or polyunsaturated fats, must be dominant in the diet. Avocado and Chia seeds are bringing the $\Omega 3$ essential fatty acids and the Matcha delivers the catechins, antioxidant compounds responsible for benefits like preventing cancer.

Do not over charge in Chia seeds, no miracles; chia seeds are a dense food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. $\frac{1}{4}$ cup chia seeds in this recipe contains 240 calories.

Ingredients:

- $\frac{1}{2}$ Avocado (100 g)
- 1 cup unsweetened coconut milk or water
- 1 cup baby spinach (30g) (optional)
- $\frac{1}{4}$ cup chia seeds (30g)
- $\frac{1}{2}$ lemon (juice)
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon Matcha (green tea powder)

Toppings optional

- $\frac{1}{2}$ cup berries of choice
- Unsweetened coconut flakes
- $\frac{1}{2}$ cup no fat plain yogurt

Directions

- In a bowl, stir $\frac{1}{4}$ cup chia seeds into the water or coconut milk, mix well.
- Leave to soak overnight in the fridge.
- In the morning, place avocado, baby spinach, lemon juice Matcha in the blender. Add some coconut milk or water, blend all pour on the chia seeds mix all together.

Scoop into a bowl, top with berries, coconut flakes, yogurt.

Enjoy after a nice sleep's night.

Nutrition

Energy: Cal 425 plus optional addition.

Proteins 14g, fat 33g, carbohydrates 33g, fiber 27g, plus vitamins and

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minerals

If you want to discover the cell regeneration power of avocado to look younger and live longer in good health... learn from "The Avocado Affair" to pair avocado with other nutrients and stop the time.

You can buy it on this site or after November 17th in all bookshops.