



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

[www.drjustineblainey.com](http://www.drjustineblainey.com)

[www.blaineywellness.com](http://www.blaineywellness.com)

## Green Smoothies Are Good, But Wild Green Smoothies Are Better

by Sergei Boutenko

One of the best reasons to add wild food to your diet is the simple fact that many of them are leafy green vegetables. Adding more fresh greens to your meals will dramatically improve your health. After years of research and countless experiments on myself, I have concluded there is no substitute for a diet rich in leafy greens. It's true that we are all unique. We come from different backgrounds, have distinctive constitutions and blood types, and require different practices to achieve the same results. Yet I have never met a person who did not benefit from eating fresh greens.

### Wild Green Smoothies from Sergei

My typical morning blend consists of one or two seasonal greens, one or two seasonal fruits, and water. I can count all the ingredients on one hand. The wild greens offer even more assurance; because I am connected to their growing environment and I know that my food has not been altered in a science lab. I highly recommend experimenting with wild smoothies, as this is perhaps the best way to incorporate wild foods into your diet.

Here are two recipes to help you get started:

### Wild Omega-3 Smoothie

1-2 cups freshly harvested purslane (a wild edible)

½ small head romaine lettuce, chopped

1 cup blueberries

1 cup grapes

2-3 sprigs mint

3 cups water

Blend all ingredients in a blender until smooth.

Serves 2

### Pear Banana Dandelion Smoothie

1 cup freshly harvested dandelion greens, chopped

1 cup freshly harvested mallow greens, chopped

1 pear

1—2 ripe bananas, peeled

3 cups water

Blend all ingredients in a blender until smooth.

Serves 2

Sincerely,

RawFamily

[www.Rawfamily.com](http://www.Rawfamily.com)