

Is Watercress the New Kale??

Elevate Your Green Smoothie.



Make this anti-cancer 'microgreen' smoothie TODAY! (It's easy!)





Watercress is one of my favorite ways to power up the anti-cancer value of any meal or smoothie. If you're not familiar, watercress is a 'microgreen,' (kind of a cross between a sprout and a baby leaf vegetable) that is especially packed with goodness. A CDC study ranked the top nutrient-dense fruits and veggies out there and guess what? Watercress topped the list! It's also rich in a cancer-fighting compound called phenethyl isothiocyanate (PEITC). PEITC has been shown to protect DNA from damage and detoxify carcinogens. Plus, it's rich in indole-3-carbinol, a potent antioxidant which may deactivate carcinogens, protect DNA from damage, and reduce the spread of breast cancer cells.

Rachel's Tip: Be sure to eat your watercress raw! Cooking this tender green deactivates the enzyme that activates the PEITC, so cooked watercress has much less cancer-fighting powers.

Just a single handful (roughly ½ a cup) of watercress is enough to elevate your regular morning smoothie into a cancer-fighting powerhouse!

Watercress Green Power Smoothie

Ingredients

-  1 ½ cups plant milk
-  ½ cup watercress
-  1 banana, frozen
-  1 tablespoon chia seeds

Directions

Blend until smooth.