

## **METABOLIC CHANGE SEPTEMBER 2021 NEWSLETTER**



### **THE BEST STREAMING IN SEPTEMBER**

- 1. David Attenborough: A life on our planet**
- 2. Loving**
- 3. Nomadland**
- 4. The Boy Who Harnessed the Wind**
- 5. The Social Dilemma**

### **THE PERFECT SPINACH SMOOTHIE\***

- ¾ cup frozen blueberries**
- ¾ cup lightly packed baby spinach**
- 1 cup unsweetened coconut milk beverage**
- ½ cup low-fat plain Greek yogurt**
- 1 T maple syrup or honey (optional)**

**Mix all ingredients in an Instant Ace Nova Blender on Smoothie setting. \*Adapted from EatingWell's Coconut-Blueberry Green Smoothie**

## **THE ULTIMATE VEGGIE SANDWICH (KNEADER'S COPYCAT)**

**Sandwich Sauce**  
**Multigrain or Focaccia Bread Slices**  
**Provolone Cheese Slices**  
**Avocado Slices**  
**Tomato Slices**  
**Red Onion Slices**  
**Red or Green Lettuce Leaves**

**Sandwich Sauce:\***  
**1 1/8 cup Veganaise**  
**1/3 cup Daisy light sour cream**  
**1 teaspoon yellow mustard**  
**1 teaspoon sugar**  
**1/8 teaspoon salt**

**Spread sandwich sauce on each bread slice. Place one slice of cheese on half of the bread slices. Layer vegetables on top of cheese. Top with remaining bread slices.**

**\*Adapted from sugar n' spice gals' Kneader's Turkey Bacon Avocado**