



## MARCH 2024

# NEWSLETTER

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## Biotech Wellness Technology

It's no secret that the world of health and wellness has been constantly changing. If you or someone you know is a wellness enthusiast, you've probably heard about biotechnology wellness tools. More and more individuals are concerned about health and wellness today, making biotechnology wellness tools more relevant than ever before. Increasingly, people are seeking out tools and technologies that will assist them in achieving their wellness goals. Let's explore biotechnology wellness tools and learn how they are used!

### What are Biotech Wellness Tools?

- Biotech wellness tools are innovative technologies and devices that combine biology and technology to promote health and well-being. These tools provide individuals with personalized solutions for managing their health. One of the key features of biotech wellness tools is their ability to collect and analyze data related to an individual's health. These tools often include sensors and other monitoring devices that can track various physiological parameters, such as heart rate, blood pressure, sleep patterns, and activity level. This data is used to enhance the overall wellness of the individual.

### Examples of Biotech Wellness Tools:

- One of the first things that come to mind when you hear about wearable medical devices is fitness trackers, such as Fitbits and smartwatches. These devices enable individuals to monitor their health in real-time and make informed decisions about their well-being. For example, these wearable devices can provide continuous monitoring of vital signs and activity levels, helping individuals track their physical activity and make necessary adjustments to their lifestyle. In addition to monitoring health parameters, these tools can also assist in the prevention of chronic disease such as diabetes and cardiovascular disease.

### Why are Biotech Wellness Tools Relevant Today?

- Biotech wellness tools are more relevant today than ever because people are becoming more aware of the importance of wellness. In a world driven by technology, individuals are looking for tools to help them make lifestyle changes. It's never been easier or more affordable to keep such a detailed track of your health. These technologies are putting the focus on preventing disease instead of treating them. As technology continues to advance, biotech wellness tools have the potential to revolutionize the way individuals manage their health.
- Today's biotech wellness tools are empowering individuals to take control of their health and make positive lifestyle changes. Whether you're looking to improve fitness, manage stress, or monitor sleep, biotech wellness tools can help you achieve your goals. With ongoing advancements, biotech wellness tools have the potential to transform the way individuals approach their well-being.

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**FOR MORE INFORMATION PLEASE CONTACT:**

[Enter your RD contact info here](#)

# Superfoods Smoothie Bowl



**PREP TIME:** 8 to 10 minutes  
**COOK TIME:** 8 to 10 minutes  
**YIELD:** 4 servings

## GRANOLA TORTILLA CRISPS INGREDIENTS

1½ teaspoons canola oil  
2½ teaspoons honey  
2 teaspoons creamy peanut butter  
1½ tablespoons raw old-fashioned oats  
½ teaspoon ground cinnamon  
2½ teaspoons sliced blanched almonds  
2½ teaspoons unsweetened shredded coconut  
2 (6") whole-grain flour tortillas

## INSTRUCTIONS

1. Combine oil, honey and peanut butter. Whisk until well blended.
2. Fold in oats, cinnamon, almonds and coconut.
3. Place tortillas on a baking sheet. Spread 2 tablespoons mixture onto each tortilla, coating the entire tortilla.
4. Bake in a preheated 400-degree F oven for 10 minutes or until crisp. Remove from heat.
5. Cut each tortilla into 4 triangles. Allow to cool at room temperature.

## SUPERFOODS SMOOTHIE BOWL BUILD INGREDIENTS

2¾ cups store-bought sliced frozen bananas or sliced fresh bananas frozen on a sheet pan prior to use  
2¾ cups fresh baby spinach  
2 tablespoons honey, divided  
½ cup uncooked old-fashioned oats  
1 cup 100% pure apple juice  
1 tablespoon and 1 teaspoon creamy peanut butter  
½ cup diced fresh mango  
¼ cup fresh blueberries  
½ cup and 1 tablespoon fresh red raspberries

## INSTRUCTIONS

1. Place frozen bananas, baby spinach, 1 tablespoon and 1 teaspoon honey, oats, apple juice and peanut butter in a high-speed blender. Process until smooth.
2. As needed, pour ¾ cup smoothie into each bowl.
3. Place 2 tablespoons mango at 12 o'clock, 1 tablespoon blueberries at 4 o'clock and 1½ tablespoons raspberries at 7 o'clock.
4. Place 2 granola tortilla crisps in center of each bowl and drizzle with ½ teaspoon honey.

### NUTRITION FACTS: 1 Bowl

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
330	90	9g	3g	0g	0mg	110mg	61g	7g	36g	6g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.



This product contains:  
WHEAT  
PEANUT  
TREE NUTS  
GLUTEN