



The Chef's Corner

Nutrition to the Max

At Watercrest, our residents enjoy an all-day culinary experience with our “Always Available Menu” that offers an array of decadent desserts, delicious drinks, and delectable bites. Each handcrafted item maximizes nutrition while satisfying even the most discerning palate. Our Chef inspired “Always Available” treats are packed with nutrient-rich superfoods including seasonal fresh fruits, powerful antioxidant fueled veggies such as spinach, kale and sweet potatoes, and filling fiber-friendly grains, lentils and beans.

While promoting Watercrest's total nutrition lifestyle, our chefs delight in offering fresh made smoothies packed with a nutritious punch available as a meal alternative, an accompaniment or as a mid-day snack. The vitamins and minerals found in smoothies are an awesome way to boost your immune system, satisfy your sweet cravings, increase your fiber intake, and even regulate your bowel movements.

Our Chef's mouthwatering combination of these super delicious nutrients, blended into a superfood smoothie, easily adds one more dose of fruits and veggies to your day without even trying. Let our Chefs at Watercrest take care of the food that takes care of you!

Chef's Recipe The Super Green Smoothie

Ingredients:

1 ¼ cups chopped kale leaves (stems and tough rib removed)
1 ¼ cups frozen cubed mango
2 medium ribs celery, chopped
1 cup chilled fresh tangerine or orange juice ¼ cup chopped flat-leaf parsley
¼ cup chopped fresh mint

Directions:

Combine all ingredients in blender. Puree until smooth.