

THIS RECIPE IS FOR INFORMATIONAL PURPOSES ONLY
SMOOTHIE TO LIVE ON:

Liquid – 1 pint (or more for thinner smoothie)
Water and unsweetened cranberry juice (optional)

Fresh Ingredients:

Banana, apple, avocado, cucumber, celery, other fresh fruit in season – any combination thereof.

Healthy Oils:

Hemp Oil – 2 Tablespoons
Coconut Oil – 2 Tablespoons

Dry ingredients:

¼ cup

Whey protein
Rice protein
Granulated lecithin

2 Tablespoons:

Flax meal
Nutritional yeast (Brewer's yeast)
Gelatin

2 Teaspoons:

Greens
Hemp Protein
Kelp
Bee Pollen

I prepare the dry ingredients once a week. Otherwise it takes too long to make the smoothie on a daily basis. Line up 7 pint or ½ pint jars and go down the line putting a scoop of each dry ingredient in each jar. One jar is added to the liquid, fresh ingredients, and oils in the blender for a highly nutritious breakfast.

It is **NOT** recommended that apple or orange juice be used as the liquid for the smoothie. Even though fruit juice has redeeming qualities and is by far superior to a soda – it still has a high sugar content and must be processed by those organs and systems of the body that process sugars.

The amounts of each ingredient can be varied to suit your needs. Our research indicates that more of some ingredients would be beneficial, but to keep costs down, we use what we use. Feel free to change the amounts to suit yourself.