

How to Start Your Morning Right!

Starting your day with **GREEN** food will make your body sing first thing in the morning! Remember, green foods help in **healing**.



Good news: The drink will look green but taste like the fruit!
Hallelujah!

First steps

1. You will need a good blender of some sort. (Vita mix, Ninja or Bullet for example).
2. Get some spinach, kale or super green combination and put the greens in the freezer! Costco carries organic greens. This way the greens never go bad!
3. If you like bananas, buy a few bunches and when they ripen, put them in the freezer, as they are great to make the smoothie taste like a banana milk shake.
4. Buy some organic frozen fruit... any type you like. See the list below.
5. Grab some avocados and almond or peanut butter.
6. Protein powder is a good addition. Please find some that does not contain artificial sweeteners, and if it has whey powder, be sure to check that it does not contain casein.

General Recipe

Note: Makes enough for 2 people or for 1 person with some extra to take to work for a snack. (Wide mouth thermos works great for this). You cannot do this wrong... mix and match to see what you like. (But always use 3 handfuls of some type of greens).

1. Put 2 cups of water in the blender
2. Add 3 handfuls of greens (frozen) from your freezer, or fresh if you have it.
3. Add 1/2 banana or full banana for more sweetness. (If you have frozen it, put it under hot water for 30 seconds and it will slip easily out of the peel).
4. Add 2 cups of fruit... any type you want.
5. To make it more creamy, add 1/4 of an avocado. Super good nutrition.
6. You can add 1 Tbsp of peanut or almond butter for more protein and good fats.
7. One scoop of protein powder, if you desire.
8. Blend it up and make sure you pulverize it. Kids will like it better this way!

What you will notice

Feeling more satisfied with less cravings.
Much better colon function right away.
Having lots more energy.
Losing weight more readily.
More efficient body all the way around!

Try these fruits

Blueberries, Peaches
Pineapple, Cherries
Berries, Mango
Pomegranate