***Morning Shake Recipe***

 (4-5 servings)

Why:

* Convenience, a couple sips lasts all day.
* Helps boost metabolism.
* Supplements your diet with nutrients your body may not be getting from your regular diet.
* Coats your stomach with foods that heal.

Needed: A strong blender and 48-64oz. mug/container with lid.

 Ingredients

1. Tray of ice
2. Juice of choice for flavor and texture. (use 100% juice for better health and less sugar)
3. Yogurt. Whole milk, plain. (Creates good bacteria in stomach)
4. Whole peeled lemon (Helps clean stomach)
5. Whole peeled lime (Vitamin C)
6. Ginger root about 1-2 oz. (Natural Antioxidant)
7. Turmeric about 1-2 oz. (Natural Antioxidant)
8. Seasonal fruit. Use fruits you like for flavor. This will mask taste of other ingredients use as much as you like: Strawberries, blueberries. Pineapple etc.
9. Greens: Spinach, Kale etc. About a ½ of a bundle.

 10. 1 Whole Beet (Good for blood pressure.)

 11. Carrots

 12. Cinnamon (Antioxidants, Anti-inflammatory)

Blend until smooth consistency. Might need to blend part of ingredients then add more. The more shakes you make the better they will taste and the easier the process will become.

Vary ingredients to suit your bodies individual needs.