

## **SP Shake Recipes (Approved for use during the 21 Day Purification Program.)**

### **Dr. Malmed's Frozen Fruit Blend**

*Blend together well. Makes 2 servings.*

- 4 rounded Tbs. of SP Complete™
- 1/2 sliced ripe banana
- 1 whole ripe nectarine
- 2-3 frozen strawberries
- Several slices of frozen peaches
- Small handful of frozen blueberries
- 1 Tbs. flaxseed oil

### **Peach-Apple Peel**

*Create this simple shake by blending all ingredients well.*

- 2 rounded Tbs. of SP Complete™
- 8 oz Water
- 1 Tbs. Flaxseed Oil
- 1 apple (with peeling)
- 1 peach (with peeling)

### **The No-Milk Shake**

*Blend all ingredients. Makes 2 servings.*

- 4 rounded Tbs. of SP Complete™
- 1/2 or 1 sliced ripe banana
- 1 cup frozen peaches (or other frozen fruit)
- 2 Tbs. High Lignan Flax Oil
- 2 Tbs. Cod Liver Oil
- 2 cups very cold purified water