Fruit / Breakfast Smoothie
Designed For:

_____

Basic Ingredients

- ❑ Liquid: _____
- ❑ Fruit: _____
- ❑ Frozen Fruit: _____
- ❑ Ice as needed (1 to 3 cubes… the amount of frozen items will impact the consistency; for example if you are using frozen fruit you may not need the ice cubes)

Add the following nutritional ingredients:

- ❑ Protein Powder - _____
- ❑ Barlean's Flax Seed Oil - _____
- ❑ ConcenTrace Mineral Drops - _____
- ❑ Probiotic (Natren or Kydophlius) - _____
- ❑ Green Powder (KyoGreen or Barlean's Greens) - _____

Blend everything well and enjoy with:

_____

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- *Remember, there is no "right way" to mix the ingredients.*
- *We vary the juice and fruit by the season*

Any Questions… call me!