

Smoothie Recipe (Without Supplements)

Disinfect surfaces and wash hands before starting

Add to Blender:

1 cup wheat (bulgar wheat , buckwheat, amaranth or other)

1 cup yogurt (plain -low fat or whole milk or Silk soy yogurt)

1 Tablespoon chia/ flaxseed blend

4 oz roasted or Gerber chicken

****Mix in blender 1x on smoothie setting**

Add (in this order)

1 scoop Whey Protein Powder

½ scoop Amazing Grass greens powder

4 shakes Sea Salt

½ cup coconut milk

½ cup Sweet Potato (with peel) or 1 1/ 4 cup Mashed Potatoes

1 cup spinach or kale

½ cup green juice or prune juice if indicated

- Stir smoothie, scraping powders off of the sides of the blender.

- Blend on smoothie setting 2x (stirring in between)

- Pour smoothie into 1 tall smoothie shaker. Date with sticky note and refrigerate.

Before giving smoothie via PEG-add 100 to 200cc of chicken broth or coconut water to 250cc smoothie. Blend in magic bullet 1x.