

Smoothie Recipe (With Supplements)

Disinfect surfaces and wash hands before starting

Add to Blender:

2 cups wheat (bulgar wheat, buckwheat, amaranth or other) or quinoa

1 ½ cup yogurt (plain – low fat or whole milk or Silk soy yogurt)

4 oz fresh or frozen chicken, cooked (if available)

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

Add (in this order)

4 scoops Whey Protein Powder

1 scoops Amazing Grass greens powder

½ tsp Phosphatidyl Serine Powder

1 tsp New Chapter Probiotic Powder

1 tsp AHCC powder

Contents of 2 Cosamin ASU Capsules

Contents of 3 Magnesium L-Threonate Capsules

Contents of 1 crushed Vitron C tablet

Contents of 2 crushed Vitamin C plus Rose Hips tablets

Contents of 1 crushed Iodoral tablet

8 shakes Sea Salt

¼ cup coconut milk

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

2 cups Applesauce (or fruit substitute)

1 ½ cup yogurt (whole, low fat plain or Silk soy yogurt)

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

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

- Pour smoothie into 2 applesauce jars, leaving about 1 ½ - 2 inches for milk

- Add a handful of triple washed fresh spinach or kale to the remaining smoothie in the blender.

- Blend 1x on smoothie setting

- Pour remaining smoothie into 2 more jars

- Top off all 4 jars with milk (unsweetened soy milk, flax seed milk or rice milk)

- Shake jars well, refrigerate