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 scoop 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-Threanate 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