

Notorious Mix-A-Super-Food	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 5 Medjool Dates</li> <li>• 2 c. Water</li> <li>• 1 handful of Cilantro or Spinach</li> <li>• 2 c. of any fruit or fresh fruit</li> <li>• 1 Banana or Avocado</li> <li>• add any Sweetacular for great taste</li> <li>• 1 scoop of any powder...           <ul style="list-style-type: none"> <li>• Hemp protein</li> <li>• Spirulina</li> <li>• Chlorella</li> <li>• Maca</li> <li>• Acai</li> <li>• Red Beet</li> </ul> </li> </ul> <p>→ option: use almond milk along with (or in place of) water</p>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Blend all in blender.</li> </ul> <hr/> <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Why isn't cow's milk used? Dairy products are acid-forming in the body, and, therefore, not part of any detoxification regimen.</li> <li>• Peel and freeze a bunch of bananas for quick chill to smoothies.</li> <li>• This recipe is vegan, kosher, gluten free, and low fat.</li> </ul>

Berry and Protein	
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• 2 c. Water</li> <li>• 3 c. of any frozen or fresh fruit</li> <li>• 1 Banana or Avocado, fresh or frozen</li> <li>• 2 scoops of organic protein powder</li> <li>• add any Sweetacular</li> </ul> <p>→ option: use almond milk along with (or in place of) water</p>	<p><b>Instructions</b></p> <ul style="list-style-type: none"> <li>• Blend all in blender.</li> </ul> <hr/> <p><b>Notes</b></p> <ul style="list-style-type: none"> <li>• Classic, simple, quick to make.</li> <li>• Drop a teaspoon of supergrass powder in and it will get masked by the fruity flavor.</li> </ul>