

# ***Fruit / Breakfast Smoothie Designed For:***

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## ***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 Kydophilus) - \_\_\_\_\_
- 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!*