

SMOOTHIES

Low-Sugar, Anti-Cancer Smoothie v2.0!



INGREDIENTS

½ tsp. Maca Powder
½ tsp. Hemp Seeds
1 scoop protein powder
½ tsp. Ground Turmeric
½ tsp. Flaxseed
1 cup organic kale
1 cup organic spinach
1 cup organic frozen berries
4-12 Whole Apricot Seeds **Start with 4, and gradually work your way up to 12 seeds**
1 Packet Frozen, Unsweetened Acai
1 whole organic lemon (frozen)
1 cup of water
1 tsp. Moringa Powder
2 inches fresh aloe plant
1 tsp. Psyllium Husk
1 cup Kombucha

DIRECTIONS

Add all ingredients into a blender and blend until reaching liquid form.

Sip and enjoy!