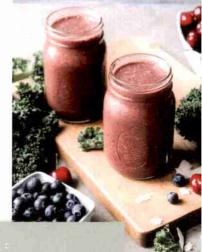
## NECTAR OF WELLNESS SMOOTHIE

FULL MEAL | ANTI-INFLAMMATORY | ANTICANCER

## INGREDIENTS:

- 1 cup unsweetened soy or nut milk
- 1 banana
- 1 cup blueberries or other berries (frozen or fresh)
- 6 purple grapes and/or black cherries (frozen or fresh)
- · 6 cranberries (frozen)
- ¼ cup silken tofu
- 1 tbsp ground flax seed
- ¼ tsp turmeric
- Sprinkle of black pepper
- · 32 tsp cinnamon
- 2 cups baby kale/arugula/spinach
- · 2 oz broccoli sprouts
- 1 tsp AMLA powder (ground Indian gooseberries)
- 1 date or 1 tsp maple syrup or molasses (optional)



## DIRECTIONS:

- Wash fruits and vegetables.
- 2. Add ingredients to blender
- 3 Blend until smooth.
- 4. Taste and adjust
- 5. Serve and enjoy! Garnish with fresh fruit or seeds.

<u>Fip:</u> Make a larger batch and store in individua



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