

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
- ½ 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 :

1. 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.

Tip: Make a larger batch and store in individual portions for grab-and-go breakfasts or snacks.





NOURISH YOUR HEALTH THROUGH FOOD

PHYSICIAN DESIGNED PLANT-BASED NUTRITION PROGRAMS:

- 1-month Jumpstart Your Health! Plant-Based Immersion
- 1-month Foods to Fight Cancer Class
- Private MD Nutrition Consultations
- Monthly Plant-Based Cooking Classes

