

Super Nutrition Drink Recipe: (SERVES ONE PERSON.)_(This can be varied for individual taste.)

Mix the following in a blender:

4 TBS Pre Mix (depending on your taste, you may start with 2 and work up over the next couple of weeks)

½ tsp ground Cinnamon

2 tsp raw Honey (definitely OPTIONAL)

2 TBS Flax Oil

2 TBS NUTOPIA

2 TBS Extra Virgin Coconut Oil

10 oz of Organic not from concentrate apple juice

- Can use more if using additional ingredients to thin down. (APPLE JUICE IS NOT CRITICAL TO THIS MIX – YOU MAY USE PLAIN WATER OR OTHER KINDS OF JUICE LIKE PINEAPPLE, PAPAYA, MANGO, PEACH, FRESH FRUIT AND WATER, RICE MILK, ALMOND MILK, AND COCONUT MILK.)

1 ripe frozen banana (see note) depends on your taste and desired thickness

Add about 6 ice cubes

Blend well and serve.

This brew will make your day! You will have the happiest and healthiest CELLS in the neighborhood!

What a gift to give to your LONG -TERM HEALTH.

Notes:

- The bananas should be very ripe showing brown spots on the skin. *PEEL* the banana and freeze. You can get good deals on ripe bananas that have been discounted which are probably just right for freezing. Freeze a bag full. **ADDING UNFROZEN BANANAS TO A BAG OF FROZEN BANANAS** will turn the frozen ones black due to slight thawing and refreezing. Freeze new bananas separately.
- ***It is very important to CHEW this drink, i.e., mix well with saliva in your mouth before swallowing - it is a very concentrated food and the digestive process needs to begin in your mouth. If you drink it without “chewing”, it may not set well on your stomach.***
- OTHER KINDS OF FRESH FRUIT: **Blueberries, Strawberries, Pineapple, Mangos, Raspberries, Papaya, Pears, Apples** (DO NOT USE CITRUS FRUIT OR JUICE)

Refrigerate the Pre Mix, Nutoxia, and Flax after opening. Do not refrigerate the coconut oil.