

# RISE & SHINE

Start your day with this vibrant morning drink to boost your immune system, heal your gut, and invigorate your soul.

## Ingredients:

- 4 oz. of organic OJ
- 6 oz. Coconut water
- 2 oz. Aloe Vera juice
- 1 Tbsp. Turmeric juice
- 1 Tbsp. CoQ10 liquid
- 1/2 Tsp Ginger juice
- 1 1/2 Tsp Lemon juice
- 2 -3 oz. Beet Juice
- 1 Tsp pomegranate seeds

## How to mix it up:

Place all ingredients, except *beet juice and pomegranate seeds*, into a glass jar. Shake well. Refrigerate till ready to serve.

To serve, pour into a glass.

1. Add 2-3 ice cubes.
2. Add pomegranate seeds.
3. Top with 2 oz. of beet juice.

Best enjoyed in the morning with a tranquil view listening to the sounds of nature.



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