



Anti-Inflammatory + High-ORAC + Pro/Pre-biotic + Low-Histamine Drink

BASIC EASY RECIPE: add everything, shake it first, then use a blender (Vitamix or Bullet) until smooth, drink all at once:

(20-30) frozen fresh organic/washed blueberries

(1/2) cup any unsweetened nut milk (Grocery Outlet, Von's, Ralph's, Sprouts)

(1) tablespoon pumpkin seed or almond butter (Sprouts)

Or, 2 tbs avocado (fresh or frozen)

(1) teaspoon Flora Udo's Choice DHA 3-6-9 Blend, it must be kept cold (Sprouts)

(1) scoop Vibrant Health 'Green Vibrance' (www.vibranthealth.com)

Or Greens Powder (Grocery Outlet)

(1) scoop Vibrant Health 'Spectrum Vibrance' (www.vibranthealth.com)

Or NutritionWorks Beet Powder (Grocery Outlet)

(1) scoop powdered protein: MRM Egg White protein (www.mrmnutrition.com)

Or Universal brand whey protein (Grocery Outlet)

(1) scoop TerraSoul Mushroom powder (Grocery Outlet), or

Or Longevity Elixers mushroom powder (www.longevityelixers.com, female and locally owned)

(1) tablespoon Organic Cocoa Powder (Grocery Outlet, Sprouts)

(1/2) tablespoon powdered cinnamon (add more if you can handle it)

(1) pinch powdered ginger

(1) pinch powdered turmeric

(1) pinch powdered clove

Don't use old spices, buy new jars.