**Super Green Energy Drink Recipe**

1 shakeable container with a lid

8-12 ounces of water or fluid of choice

1 scoop organic Vanilla protein powder or flavor of choice

1 tsp organic spirulina powder

1 tsp organic barley grass powder

1tsp organic dulse flakes

Add all the ingredients to your shakeable container and SHAKE WELL

Drink immediately or take your super green drink with you!

For an added energy boost , try adding 1 tsp of organic Matcha powder which is a powdered form of green tea. I drink my green drink as an afternoon energizer but this can be drank at any time.

**Organic or other high quality Cracked Cell Wall Chlorella tablets**

Cracked Cell Wall Chlorella tablets are excellent at detoxing the tissues of the body. When buying Chlorella tablets it is recommended that you buy products listed as ‘CRACKED CELL WALL’. Chlorella needs their cell walls cracked for our bodies to access their nutritional and healing power.

I take 15-20 tablets in the morning on an empty stomach or how your product suggests

**DISCLAIMER:** I am not doctor and am only sharing a recipe and a product that I like. Please consult your doctor before adding any new supplements to your diet to make sure it’s safe for you. I make no medical claims.

**CHECK OUT “THE GREEN FOODS BIBLE” BY DAVID SANDOVAL FOR MORE INFO ON GREEN FOODS!**