

DR. REISS' SPLENDID BLENDER DRINK



<i>How Much</i>	<i>Of What</i>	<i>Recommended</i>
1/2 cup (4 oz.)	Apple juice	organic
1/2 cup (4 oz.)	Soy milk	<i>Vanilla Silk</i> or <i>Trader Joe's</i> soy beverage
1/4 box (3 oz.)	<u>either</u> Tofu	<i>Mori-Nu</i> extra firm, low fat
1 1/2 Tblsp.	<u>or</u> Soy protein powder	<i>GeniSoy</i> "Natural" flavor (green label)
1/2 cup	Fruit of choice	frozen organic blueberries, cherries or raspberries, banana, or combination
2 Tblsp. (1 oz)	Aloe vera juice	organic cold-pressed whole leaf
1 Tblsp.	Green "superfood" powder	<i>Green Vibrance</i> , <i>Organic Frog</i> , or <i>Emerald Greens</i>
1/2 Tblsp.	Flax or healthy blend oil	cold-pressed organic or <i>Udo's Choice</i>
1/2 Tblsp.	Flax seeds	organic
as needed	Water (filtered)	to thin drink to best consistency
<i>Optional:</i>		
1/2 Tblsp.	Lecithin granules	brain nutrient and cholesterol control
1/2 Tblsp.	Brewer's yeast	for protein and minerals – <i>Lewis Lab</i>

Put in blender and grind away at the highest speed for about 15 seconds or so - enough to break up the flax seeds. Thin with a water or extra juice if too thick. Experiment.

Notes & Helpful Hints:

1. This drink can be modified or added to in any way to suit your own personal tastes. Consider this only a starting point.
2. Dark-colored berries seem to be the best fruits to add, both for their robust flavor as well as their rich color (which masks the green from the superfood vegetable powder).
3. Estimated cost per serving is \$3.10, based on non-sale prices for organic large-sized containers from an average healthfood store. I invite you to invest in your health and buy only the highest quality ingredients. Avoid cheap grocery store brands. Improved flavor, mornings, and health will be your benefit.
4. For those who like it sweet, stevia is an excellent herbal non-caloric sugar (& Nutrasweet) replacement. Also safe in coffee.
5. Refrigerate all ingredients. Best drunk right after blending.

Nutrition Facts	
Serving Size about 13 fl. oz.	
Calories 305	Calories from Fat 97
% Daily Value	
Total Fat 10 g	16%
Saturated Fat 1 g	4%
Cholesterol 0 mg	0%
Sodium 216 mg	9%
Total Carbohydrate 36 g	12%
Dietary Fiber 4 g	15%
Sugars 22 g	
Protein 19 g	
Calcium 33%	
<small>Percent Daily Values are based on a 2,000 calorie diet.</small>	

Above values based on soy protein option, and exclude optional ingredients.