

POWERFUL BREAKFAST- GREEN DRINK



[Bella Donna](#)

POWER BREAKFAST - GREEN DRINK

Don't let the name fool you on this. It's powerful for sure, loaded with tons of antioxidants, protein, berries, herbs, vitamins, detoxifying abilities, allergy-reducing qualities, and an overall alkaline-enhancing effect to the whole body, but... sometimes it's not always so green.

Since I was a teenager, let's all pretend it was only a few short years ago, I've been making and enjoying breakfast blender drinks to get my day going. Over the years it's evolved from 'seasonal type drinks' to just fruit drinks, to protein drinks to now... "let's throw anything from the garden, yard, frig, and counter into the blender." This is the latest of the evolution and I dare and double-dare anyone to try it and see what a difference it makes in their body, their attitude and their energy level.



Greens, grains and whatever...

I make this for clients who I see in the mornings and constantly get wonderful feedback, mostly about a person's feeling of well-being and energy. I don't always have all of these ingredients on hand so I use whatever I do have, thus the "sometimes green" turns sometimes red, sometimes purple, sometimes blue. But always yummy!! !! Email me if you'd like to try one on a Wednesday morning for Ladies Day.

BREAKFAST POWER DRINK

Put into a blender a couple fresh cut and washed leaves from the following:

Basil
Parsley
Oregano
Spearmint
Carrot top
Dandelion
Kale
Cilantro
Lemon balm
Rocket
Add:

2-3 T of a protein mix (my favorite- ZymAlive from www.VitalLifeProducts.com)

Contains all kinds of dried seeds, grains and goodies

Also add any or all of the following:

Small leaf of cabbage, bok choy, spinach

Prickly pear juice, ¼ cup or less
Pumpkin seeds
Few organic grapes
3-4 organic strawberries
Brewer's yeast
1 t. cinnamon
1-2 T. of yogurt
½ t. coriander seeds
1/6 of an apple, w/skin and seeds
1 t. bee pollen
1 t. maca root
1t. amaranth seeds
Small chunk of pineapple
Small chunk of lime with skin and seeds
1 to 2 cups of kombuchi or green tea

Put into blender with a couple of ice cubes or frozen blueberries and liquefy for a couple of minutes.