

DR. SEARS' SMOOTHIE RECIPE



Use these base ingredients: Juice (Pomegranate, Carrot, Veggie Juice) or Organic Milk, Fruits (Blueberries, Strawberries, Mango, Papaya, Pineapple, Banana, Kiwi) Organic Yogurt, and Flax Seeds (Ground)

Add in various amounts of any of the following:

- Raisins or Dates
- Peanut Butter
- Tofu
- Wheat Germ
- Spinach Leaves
- Honey (for a child over one)
- Multi-Vitamin/Multi-Mineral Protein Powder
- Omega-3 Supplement, such as Fish Oil



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