



2001 W. Kenosha * Broken Arrow, OK , 74012 * betterhealthstore.org *

For mail order of supplements and vitamins call: 1-866-929-HERB

Fruit Smoothie

- 1 cup water (no need using water, if using apple juice)
- 3 apples or 3 cups organic apple juice
- 3 MegaFlora Plus capsules
- 4 Herb Power capsules
- 1 oz oil (flax, hemp, or omega 3-6-9)
- 1 oz black cherry concentrate
- 1oz chia seeds
- 2 oz bee pollen
- 1 oz lecithin granules
- 1 oz nutritional yeast flakes
- 1/2 oz true whey powder
- 1 cup frozen organic blackberries
- 1 1/2 cups frozen organic strawberries
- 1 1/2 cups frozen organic blueberries

Place all ingredients in blender & blend until smooth.
Refrigerate leftover smoothie.