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Veggie Smoothie Salad Recipe

All ingredients go into a Blendtec Wildside Blender, 4 inch jar. Always put the water in the blender first, then your lighter items. Put in your more solid veggies like carrots on top. Lastly, put in 4 ice cubes. Place the items in the Blendtec Wildside Blender in order below.

- 2 cups alkaline water
- 1 tbsp rosemary herb
- 1 tbsp liquid amino
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp maple syrup
- 2 tbsp lemon juice
- 1 tbsp flax oil
- 2 tbsp Chia seeds
- 3 cups spinach
- 3 cups romaine lettuce
- 1/2 cup sprouts
- 3 cloves garlic small piece onion small piece ginger
- 2 stalks celery
- 3 carrots
- 4 ice cubes.

Blend about 60 seconds. Then drink your salad. Yummy good !

From: Raw Chef Joseph