

Protein Shake Recipe

Protein Powder (SP Complete) or Whey Pro Complete

Fiber 1 scoop WFF or Super seed

Berries $\frac{1}{2}$ to $\frac{3}{4}$ c (Strawberries, Blueberries, etc.)

Cucumber $\frac{1}{4}$ peeled

Handful of Spinach

Celery (1 Stalk)

Handful of Parsley

Cinnamon $\frac{1}{2}$ to 1 tsp

Stevia to taste

Add mixture of liquids to desired consistency

Liquids= Cranberry water, brewed green tea and water-you can use any one alone or mix them all

Cranberry water- 2 oz juice + 6 oz water = 8 oz

I mix 16 oz pure Cranberry juice and mix with water to make 2 quarts.

Use Knudson's Just Cranberry or Earthfare unsweetened cranberry

Brewed Green Tea- $\frac{1}{2}$ to 1 cup (brew green tea to make 1-2 quarts and refrigerate) to use for shake

Options- You can use a variety of fruits and veggies, the rule of thumb is to use twice as many veggies as fruits. Get creative and enjoy