

Judy's Power Greens Drink



***Makes 8 cups**

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Ingredients:

- **4 Fresh Kiwis, peeled & halved or 1½ cups of Fresh Pineapple**
 - **4 Lemons, peeled & halved**
 - **4" inch piece of Ginger Root, sliced**
 - **1" inch piece of Turmeric Root or ½ tsp. Turmeric Powder**
 - **1 cup Kombucha Tonic or 2 tsp. Probiotic Powder**

 - **3 Tbsp. VitaMineral Greens Powder by Health Force or 1 Tbsp. Spirulina or Chlorella Powder by Earthrise**
 - **3 Tbsp. Navitas Hempseeds or Hemp Protein Powder**
 - **2 Tbsp. Navitas Chia Seeds**
 - **1 tsp. Unrefined Sea Salt**
 - **1 tsp. of each Dried Spice (seeds):
Fennel, Cardamom, Celery & Fenugreek Seeds**

 - **4 Stalks of Fresh Celery, roughly chopped**
 - **½ bunch of Fresh Parsley**
 - **½ bunch of Fresh Cilantro**
1. **Add ingredients in order of layers above; fruits/roots, powders & then fresh green veggies.**
 2. **Once ingredients are in Vitamix blender, add water 2/3 full mark. Then blend using additional water as needed.**
 3. **Fill storage containers (stainless steel jugs or glass jars) HALF full then top up with filtered water.**
 4. **Refrigerate and consume within 3-5 days!!**

