

## ***How to make a NatureRich "Breakfast" Smoothie***

*In the cup of a NutriBullet or other blender,*

*Pour ¾ to 1 cup of liquid such as*

- *almond milk*
- *coconut milk*
- *milk*
- *juice*

*Add 1 oz. LiquaDrive*

*Add 1 oz. Neutralizer or ½ oz. Ultra Neutralize*

*Add Energy Shake*

*2-3 Scoops Vanilla Energy Shake*

*OR*

*2 scoop Chocolate Energy Shake*

*Add All Natural Greens - 1-2 scoops*

*Add fruit of your choice to bring the level up to the Max Fill Line. (approx. 2 cups)*

*Blend until pureed. Add more liquid if desired.*

*Today we are making*

- *Strawberries dipped in Chocolate*
- *Blueberries and Cream*
- *Red, White and Blue*

*Fruits can be fresh or frozen.*

***Feel free to experiment with your favorites!***



## ***How to make a NatureRich "Breakfast" Smoothie***

### ***Strawberries dipped in Chocolate***

*In the cup of a NutriBullet or other blender,*

*Pour ¾ to 1 cup of Coconut Milk*

*Add 1 oz. LiquaDrive*

*Add 1 oz. Neutralizer*

*Add 2 scoops Chocolate Energy Shake*

*Add 2 scoops All Natural Greens*

*Add frozen organic strawberries to bring the level up to the Max Fill Line.(approx. 1-2 cups)*

*Blend until pureed. Add more liquid if desired.*



### ***Blueberries and Cream***

*In the cup of a NutriBullet or other blender,*

*Pour ¾ to 1 cup of Coconut Milk*

*Add 1 oz. LiquaDrive*

*Add 1 oz. Neutralizer*

*Add 2 scoops Vanilla Energy Shake*

*Add 2 scoops All Natural Greens*

*Add frozen organic blueberries to bring the level up to the Max Fill Line.(approx. 1-2 cups)*

*Blend until pureed. Add more liquid if desired.*



# ***How to make a NatureRich "Breakfast" Smoothie***

## ***Red, White and Blue***

### ***(Strawberry, Banana and Blueberries)***

*In the cup of a NutriBullet or other blender,*

*Pour ¾ to 1 cup of Coconut Milk*

*Add 1 oz. LiquaDrive*

*Add 1 oz. Neutralizer*

*Add 2 scoops Chocolate Energy Shake*

*Add 2 scoops All Natural Greens*

*Add fresh or frozen*

- *½ to 1 banana*
- *Strawberries*  
*and*
- *Blueberries*

*to bring the level up to the Max Fill Line.(approx. 1-2 cups)*

*Blend until pureed. Add more liquid if desired.*

