

# THE *herban* ALCHEMIST

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## BLOOD SUGAR BALANCE SMOOTHIE

### (Vanilla and Chocolate)

The **Blood Sugar Balance Smoothie** is a “Super Food” Smoothie that supports the balance of blood sugar, nutrition and healthy immune function. It is a great follow up to the **Rx Remedy Detox Smoothie**. The **Blood Sugar Balance Smoothie** is a meal replacement for breakfast and should accompany **The Rx Remedy Detox Food Guide** or the **Health Food Rocks!** guidelines for the other meals of the day.

We recommend that you consult your physician before using the supplements to be sure they are appropriate for you.

### Ingredients: (included in bundle)

- **Gluko BALANCE** 1 scoop
- **Rainbow GREENS** 1 scoop
- **PROBIOTIC Plus** ½ packet
- **FLAX Oil** 1 TB

### Optional Super Food Boosters: (add 1-2 for additional goodness)

- Acai Powder 1 tsp
- Maqui Powder 1 tsp
- Matcha Powder 1 tsp
- Spices: Cinnamon, Nutmeg, or Fenugreek ½ tsp

### Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic blueberries or dark skin berries
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Spice it up with some Cinnamon, Nutmeg, or Fenugreek for extra blood sugar balance.

### Guidelines:

- All smoothie ingredients should be refrigerated.
- The smoothie is a meal replacement for breakfast and has about 20 grams of protein.
- Take 30-60 minutes or more to drink it. It is a meal.
- This **Blood Sugar Balance Elixir** is intended for use with **Rx Remedy Detox Food Guide** or **The Health Food Rocks!** guidelines for other meals of the day.