

THE *herban* ALCHEMIST

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BREASTFEEDING/ POST NATAL SMOOTHIE

(Vanilla Whey and Chocolate Whey)

The **Breastfeeding Postnatal Smoothie** is a “Super Food” Smoothie that supports the immune system and nutritional status during breastfeeding. It gives great nutrition for Mother and Baby. The smoothie is considered a meal replacement for breakfast and should accompany the **Breastfeeding Diet Guidelines**.

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

Ingredients: (included in bundle)

- **GLuco BALANCE** 1 scoops
- **IgG IMMUNE** 1 scoop
- **Gut REVIVE** 1 TB
- **Rainbow GREENS** 1 TB
- **PROBIOTIC Plus** 1/2 tsp
- **FLAX Oil** 1TB
- **MCT Oils** 1 TB

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

- Superfood +Immunity 1 tsp
- Liquid Nighttime Minerals 1 -2 TB
- Liquid Iron 1 tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/4- 1/2 cup of frozen organic berries or fruit
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Optional: Extra Fat and Protein are great for the baby and mom
Consider Avocado, Coconut milk, Yogurt, or Coconut oil as additions

Guidelines:

- All smoothie ingredients should be refrigerated
- The smoothie is best as a meal replacement for breakfast. It has nearly 20 grams of protein
- Take 30 or more minutes to drink this. It is a meal and can be enjoyed all day
- This smoothie is intended for use with the **Breastfeeding Diet Guidelines**
- Moms are busy! If you want to blend the shake at night, it will still be good the next day