

# THE *herban* ALCHEMIST

DR. GABRIELLE FRANCIS Naturopathic Doctor, Chiropractor, Acupuncturist, Licensed Massage Therapist

## CHILDREN'S IMMUNITY SMOOTHIE

### (Chocolate Whey and Vanilla Whey)

The **Children's Immunity Elixir** is a "Super Food" Smoothie that enhances the immune system and helps to prevent infection and allergies. It is best as a meal replacement for breakfast. It provides concentrated fruits and veggies for balancing a child's diet. The Immune Elixir should accompany the **Health Food Rocks!** guidelines.

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

### Ingredients: (included in bundle)

- **GlucO BALANCE** ½-1 scoop
- **Rainbow GREENS** ½ scoop
- **Gut REVIVE** 1 tsp
- **PROBIOTIC Plus** ¼ packet
- **FLAX Oil** 1 tsp

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

- Cacao Powder 1 tsp
- Elderberry Powder 1 tsp
- Daily Superfood Immunity Boost ½ scoop

### Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 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: Add more fruit, Coconut milk, Rice Milk Ice Cream, or a banana to make it tastier for fussy kids

### 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 minutes or more to drink this. It is a meal
- The **Children's Immunity Elixir** should accompany the **Health Food Rocks!** guidelines for best results.