

THE *herban* ALCHEMIST

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HEART HEALTHY SMOOTHIE

(Vanilla and Chocolate)

The **Healthy Heart Smoothie** is a “Super Food” Smoothie that supports healthy heart function, decreases inflammation, balances blood sugar, and enhances circulation. It is best as a meal replacement for breakfast and 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)

- **Gluko-BALANCE** 1 scoop
- **Indigo GREENS** 1 scoop
- **FIBER Complete** 1 scoop
- **Magnesium Chelate Powder** 1 tsp
- **Superfood +Berry Blend** 1 tsp
- **Arctic COD Liver Oil** 1TB

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

- Cacao + Goji Powder 1 tsp
- Chia Seeds 1 tsp
- Acai Powder 1 tsp
- Maqui Powder 1 tsp
- Matcha Powder 1 tsp
- Spices: ginger or turmeric ½ tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic dark skin berries or fruit
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Optional spices: Ginger, Turmeric, Cinnamon

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 at least 30 minutes to drink this. It is a meal.
- **The Healthy Heart Elixir** is best if it is accompanied by the **Health Food Rocks!** guidelines