

Our Formula for the most nutritious Green Juice

Foundation of the juice is laid with 5 most important factors.

1. Type of Mixed Greens (total quantity 2 cups)
2. Selection of liquids (3 cups)
3. Fruit (1-2 cup)
4. Assorted Seeds – 2 different types
5. Sweetener— Trivia or Stevia (optional)

Now Get Ready to Build A Perfect Glass of Green Juice

Choose 3-4 different greens from the choice given below:

Mint, celery, cucumber, cilantro, collard, kale, spinach, basil and parsley

Choice of liquid - 3 cups

Choose any one of the following:

Water, hemp milk, almond milk, coconut milk, yogurt, green tea

Fruit choices – total 1-2 cup fruit:

Berries, apple, peach, orange or half banana

Choice of assorted seeds – 2 or more:

Hemp, chia flax, sesame seed, coconut flakes, pumpkin Seeds (2 teaspoon of any two type of seeds)

Sweetener if needed

A special note: I always add half an inch piece of ginger in my juice as my super-food choice (optional).

So let's start your blender

My Recipe:

- Mix in blender handful of greens
- Add almond milk or any liquid you like from above
- Add 1 cup fruit
- Add assorted any two seeds – 2 teaspoon
- This will give you 4 —5 glasses of green juice.
- If it's too thick just add additionally 1/2 cup water or any liquid of your choice.
- Have your 1st glass am and 2nd glass around 4 pm

Website: www.dr2bthin.com

Email: info@dr2bthin.com

Phone: [+1 \(510\) 579-8727](tel:+1(510)579-8727)