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## **How To Make Super Smoothie**

**Green Tea**- Make a carafe every night using 4 bags in one quart of purified water - refrigerate overnight & in the morning ENJOY! (For convenience use canned unsweetened Japanese tea)

**High protein powder** from sprouted brown rice, hemp or pea

**Stevia for sweetness** can be added try the liquid in flavors like Chocolate, Berry or Vanilla

A handful of **greens**- try various types of lettuce, chard, kale or spinach

A cup of Strawberries, Blueberries or frozen mixed **berries** of your choice

A splash of **nut milk** to top it off ( I like Macadamia Nut!)

**Blend** well & enjoy!

