Powerhouse Greens

VITAMIN and MINERAL Food Concentrate

For Energy, Weight Loss, Emotional Balance, Healthy Blood, and Rapid Healing of Injuries

Powerhouse Greens Recipes:

You can mix this formula with 4 to 8 ounces of water and drink as is. Or, you could add a little stevia (around 4 drops of liquid stevia can work wonders for this formula – I like berry-flavored liquid stevia, but chocolate, chocolate raspberry, English Toffee, Hazelnut, Orange flavors work well, too) The secret to getting these greens to taste good is in the recipe. Use apples, bananas, nondairy milks and natural sweeteners. Citrus can add a nice tang, and Coconut milk powder can also add to the enjoyment of this formula.

Please see green smoothie and juice ideas below:

Fruit Smoothie Recipe:





- 3 to 4 oz. Apple Juice
- 3 to 4 oz. Purified Water
- 1 TBS **Powerhouse Greens**
- 1/4 cup Frozen fruit (strawberries are great, but also any other berries, bananas, mangoes, peaches, etc.)
- 1/4 to 1/2 cup Soy, rice or almond milk (gives it a creamy taste)
- Optional: Maple syrup or stevia if needed or if nondairy milk is unsweetened

Place in blender, blend on high for a few minutes and turn it into smoothie. I can't even taste the greens powder when I make it up this way. As long as there are no diabetes or Candida problems, this would be a tasty option.

Green Lemonade: *(fast)*



- Juice of ½ Lemon
- 7 ounces Water
- 12 drops Liquid Stevia
- 1 TBS **Powerhouse Greens**

Put all in a smoothie shaker bottle and shake until blended. Alternatively, place in blender, blend on high for a few minutes and turn it into smoothie.

Re-Hydrate! *(fast)*

The coconut water and lemon juice in this recipe help rehydrate after a workout or after being sick, but you can drink it every day if you need the perfect hydration.



- 7 ounces Coconut water (from young Thai coconuts)
- Juice of ½ Lemon
- Tiny pinch Celtic salt or pink Himalayan salt
- Optional: 3 - 4 drops Liquid Stevia (Orange flavor tastes best, but also plain stevia or lemon flavor)
- 1 TBS **Powerhouse Greens**

Cherry Hydrate *(fast)*



- 8 ounces Coconut water (from young Thai coconuts)
- 2 TBS Tart Cherry Concentrate
- 1 TBS **Powerhouse Greens**

Pear-Lemon-Ginger Hydrate

- 6 ounces Coconut water (from young Thai Coconuts)
- 1 Pear, coarsely chopped
- Juice of ½ Lemon
- ½ inch chunk of Ginger or 1 drop Dr. Foster's Ginger Essential Oil
- 1 TBS Allulose (Honey-flavored) or 8 drops Liquid Stevia or other natural sweetener to taste
- 1 TBS **Powerhouse Greens**

Green Delight: *(fast)*

- 7 ounces Purified Water
- 4 to 6 drops Liquid stevia (good flavors are chocolate, chocolate raspberry, hazelnut, berry, English Toffee)
- 1 to 2 tsp Coconut Milk Powder or unsweetened nondairy milk
- 1 TBS **Powerhouse Greens**

Raspberry "C" Greens: *(fast)*



- 1 packet Raspberry Ener-C Vitamin C Packet
- 7 ounces Purified Water
- 1 TBS **Powerhouse Greens**

Pineapple/ Grapefruit Juice Blend

This is my favorite juice blend recipe: the pineapple and grapefruit juice give this recipe a nice "tang."





- 3 oz. Fresh Pineapple juice
- 3 oz. Fresh Grapefruit juice
- 3 oz. Purified/ Filtered water
- 1 TBS **Powerhouse Greens**

Add all ingredients to a personal blender. Blend on high for a few seconds. Or, add ingredients to a jar with a lid, close lid, & shake jar for a few seconds.

Virgin Pina Colada Juice:



- 4 oz. Pineapple/coconut juice combo (bottled at health food stores)
- 4 oz. Purified/ filtered water
- 1 TBS **Powerhouse Greens**

Blend on high until smooth

More Filling Smoothies:

Sour Gummy Banana Berry Smoothie *(filling)*

- ½ cup Coconut Milk Yogurt
- ½ cup Unsweetened Nondairy Milk (non-GMO soy milk, coconut milk, almond milk, etc.)
- ½ frozen Banana
- ¼ cup fresh blueberries
- Juice of ½ Lemon
- 1 heaping Tablespoons Almond Butter
- 8 drops Liquid Stevia (Valencia Orange Flavor)
- 1 TBS **Powerhouse Greens**

Add all ingredients to a personal blender. Blend in a high-speed blender on high speed until smooth.

Mango Lassi Smoothie *(filling)*



- ¼ cup Coconut Milk Yogurt
- ½ cup Nondairy Milk (non-GMO soy is the thickest)
- ½ cup Frozen Mango Chunks
- 1 TBS Almond Butter
- Juice from ½ Lemon
- 8 – 12 drops Liquid Stevia (Valencia Orange or Stevia Clear)
- 1 TBS **Powerhouse Greens**
- Optional: ¼ tsp Cardamom powder

Chocolate Mint Smoothie Healer: *(filling)*

Energizing, stomach and gut healer. You don't even need sweetener because the banana does it all!



- 1 ½ teaspoons Cacao Powder
- 1 TBS Almond Butter and/or 1 TBS Coconut Butter
- 1 TBS Sea Moss Gel
- ½ cup Nondairy Milk
- 1 Frozen Banana, cut into thick chunks
- 1 tsp Organic Chocolate Extract
- 1 TBS Dr. Foster's **Powerhouse Greens**
- 1 TBS Dr. Foster's **Adapto-Strong Chocolate Powder**
- 1 drop Dr. Foster's **Peppermint Oil** (turns it into chocolate mint!)

Chocolate Raspberry Smoothie: *(filling)*

Energizing, stomach and gut healer



- ½ cup Nondairy Milk
- 1 TBS Almond Butter
- 1 TBS Sea Moss Gel
- 1 Frozen Banana, cut into thick chunks
- ¼ cup frozen raspberries
- 1 tsp Organic Chocolate Extract
- Several drops liquid stevia (Chocolate Raspberry Flavor or Chocolate flavor would work well)
- 1 TBS Dr. Foster's **Powerhouse Greens**
- 1 TBS Dr. Foster's **Adapto-Strong Chocolate Powder**

Orange Creamsicle Smoothie *(filling)*



- 4 oz. Orange Juice
- 4 oz Nondairy Milk (soy, almond, or rice milk)
- 1 TBS **Powerhouse Greens**
- Optional: 1/4 cup Frozen Peaches
- Optional: Stevia or natural sweetener to taste if your nondairy milk is unsweetened

Virgin Pina Colada Smoothie *(filling)*:



- 4 oz. Fresh Pineapple Juice
- 4 oz. Purified/ Filtered Water
- 2 TBS Organic Flaked Coconut
- 1 TBS **Powerhouse Greens**
- optional: Stevia or other Natural Sweetener

Banana Nut Butter Smoothie *(filling)*

- ½ cup Coconut Milk Yogurt
- ½ cup Unsweetened Nondairy Milk (non-GMO soy milk, coconut milk, almond milk, etc.) or Young Coconut Water
- ½ frozen Banana
- 1 heaping Tablespoons Almond Butter
- 2 Dates, pitted
- Variation: add 1 tsp powdered Cacao for a chocolate smoothie
- 1 TBS **Powerhouse Greens**

Add all ingredients to a personal blender. Blend in a high-speed blender on high speed until smooth. Good recipe for kids. If the blender doesn't blend entirely, there will be sweet bits of dates in the smoothie.

With Protein Powder, Nondairy Milk or Adapto-Strong (Vanilla or Chocolate):

I've had people tell me, "When I add my protein powder with it, it tastes better." If you have a protein powder you usually take, this could be an option as well. If you do not take protein powder, you can get the same taste if you add in a couple ounces nondairy milk (almond milk, coconut milk, any nut or seed milk)

Veggie Juices:

Carrot Juice:

Some people love **Powerhouse Greens** with carrot juice because carrot juice is sweet.



- 4 oz. Fresh carrot juice
- 4 oz. purified/ filtered water
- 1 TBS **Powerhouse Greens**

If you have Candida or blood sugar issues, dilute carrot juice with an equal amount of water as written or use a blend of just a little carrot with other veggies like cucumber, zucchini, parsley, spinach, beet, ginger.

Veggie Juice Combo:



- Several Carrots
- 1 stalk Celery
- ½ Beet
- Handful Parsley
- 1 TBS **Powerhouse Greens**

1. Juice the veggies and add to a jar with a lid.

2. Add Powerhouse Greens, screw the lid on and shake jar for a few seconds until thoroughly mixed. Since there are no fillers or emulsifiers in this formula, shaking it helps prevent clumps from forming in your drink. The carrots and beets make it sweet.

3. *Variation for diabetics, Candida sufferers or purists:* Leave out the carrots and beets and add Zucchini or green onion if you want a non-sweet drink.

Conventional Beverages:

If you're not a health nut, and the thought of juicing or making a smoothie makes you go "bleh", I understand. If you can get this formula into your body, it's going to work wonders for you! I've had people who added it to natural raspberry soda and they loved it! I've known people to add it to beer, milk and even cola drinks. (Maybe I can get you off of soda pop later, but hey - get this formula down and it'll help you.)

If I run out of ideas, I walk into the nearest juice bar and look to see what they're putting in their smoothies. There are endless options for what you can mix with **Powerhouse Greens**! **Click here for more info & to order Powerhouse Greens**

Good Luck and Good Health To You!

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