

Daisy's Yellow Pepper

Methylation Smoothie

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|----------------------------------------------|------------------------------------------------------------------------|
| 2 handfuls of kale | you can substitute with radicchio and/ or add some broccoli florets |
| 1 banana | |
| 2 tablespoons flax seed oil | store the flaxseed oil in the fridge and never heat the oil |
| 2 tablespoons cold pressed germ wheat oil | store the germ wheat oil in the fridge and never heat the oil |
| 50 grams strawberries | fresh is best, frozen will add a thick texture |
| 1 tablespoon cashew butter | |
| 400ml <i>pure</i> beet juice | make sure there 's no fruit concentrate or sugar added |
| 2 tablespoons sunflower seeds | |
| 2 tablespoons pumpkin seeds | |
| 1 teaspoon cinnamon | great blood sugar regulator |

Blend & Enjoy!

