

Fruit Protein Smoothie

In a blender add the following:

- ½ to 1 cup of frozen fruit
- ½ cup of refrigerated liquid
(water, nut milk, or fruit juice without added sugar)
- Ice cubes, if fruit is not frozen
- Stevia (liquid or powder) or honey to sweeten, if necessary
- 15 grams+* of protein powder**
- 1-3 teaspoon(s) of oil**
(3 teaspoonfuls = 1 tablespoonful)
 - Brain Octane, extra virgin olive oil; MCT oil; coconut oil; or flax seed oil; or 1-3 teaspoon(s) ground flax seed
 - *Don't worry this won't make you fat!*
- May also add liquid or powder supplements (omega-3 fish oils, iodine, vitamin D, vitamin A, fruit and/or greens powders)
- Blend on high speed for a few seconds, pour into a 12-16 oz. glass, and drink with a straw.



Tips:

- If you end up with more than 16 oz. you may be getting too many calories! Try to use a smaller amount of fruit and/or liquids.
- If the smoothie is too thick, decrease the quantity of frozen fruit, wait until the fruit defrosts and/or add more liquids.
- Darker fruits typically have more antioxidants that repair the body and are healthier for you.

*Protein requirement will vary according to sex, activity level and muscle mass. A typical female will need 15 grams of protein at each of the 3 meals. A male will probably need more to maintain the higher muscle mass.

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