



Awesome Breakfast Drink

Ingredients:

1 srv Juice Plus+® COMPLETE Shake
8 oz Soy or Almond Milk
1 Tbs Golden Flax Seed ~ground in a coffee grinder to open the seed
1 Tbs Brewer's Yeast
1/3 C Raw Food-Grade Green Tea Leaves
Berries to taste ~add your favorite.

Directions:

- Grind the Golden Flax Seeds in a coffee grinder. This opens the seeds so that you get the nutrients from the flaxseeds.
- Combine all ingredients in a blender until well blended.
- Pour, drink, enjoy and be energized.

Juice Plus+® COMPLETE comes in Vanilla and Chocolate. Contact Nadine to place your order.

If you are interested in a great source for Food-Grade Green Tea leaves; Awesome, Organic, non-GMO Golden Flax seeds; and Brewer's yeast, contact Nadine.

The only limitation to what you can create with these drinks is your imagination.
~N