

## Green Energy Drink

This is an energy drink that is based on alkaline type of diet. I altered a recipe from Innerlight's House of Health 2 recipe book.

1 head of romaine or other green lettuce  
2 stalks celery  
½ can of lowfat coconut milk (or more to taste)  
½ avocado  
1/3 cup parsley  
½ - 1 cup broccoli – steamed or raw  
1 large cucumber, rinsed, skin on  
handful of fresh basil or other herb  
1 cup water  
1 tsp olive oil or flax seed oil  
1 teaspoon sea salt (optional)

Additional options:

½ cup watercress or any other green (spinach, kale, arugula, etc)

1-2 spring onions  
½ clove garlic - may be overpowering if you use more than that!  
½ cup beet juice (reduce water then from above)  
1/3 cup beet greens (can also add the beets themselves!)

Other optional ingredients

1/2 pounds firm lowfat silken tofu, drained  
1 scoop of whey or soy protein powder  
chick peas or edamame beans  
apple? banana?

Place ingredients one at a time in a blender until well mixed. Add the oil, flax seed or beans last. Enjoy as a morning drink or afternoon pick me up. This is best made and drank as soon as possible. You can also freeze it in a glass jar.

You can also heat this up and make it into a soup with some beans and quinoa mixed in.



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