



*Dr. Libert's Super Energy,
Anti-Inflammatory,
Bone Building, Mood Lifting,
Cancer Fighting, Immune Boosting,
Heart Protecting, Yummy
Green Smoothie Recipe!*

Ingredients:

Large handful of both kale and spinach

½ red or yellow bell pepper

½ avocado

1 pear

1 apple

½ stalk of celery

1 large chunk of ginger root (quarter sized)

1 small chunk of tumeric root (dime sized)

1 clove of garlic

1/3 cucumber

1 cup of ice

Water to desired consistency, about 2 cups

Optional: add 1 clementine for a sweeter, citrus flavor

Blend in vitamix or other high powered blender until smooth. Enjoy immediately!

