

NUTRITIONAL KETO KALE DRINK

Prep Time 15 minutes	Cook Time 0	Total Time 20 minutes	Servings 2
----------------------	-------------	-----------------------	------------

Ingredients:

4 cup Beet Greens, Raw
4 cup Kale, Raw
½ teaspoon Himalayan Sea Salt
½ scoop Whey Protein
½ serving Collagen
½ teaspoon Wheat Grass
½ teaspoon Turmeric
2 tablespoon Cinnamon
1 scoop Electrolyte Powder
1 tablespoon MCT Oil
1 tablespoon Avocado Oil
2 tablespoons Apple Cider Vinegar
2 teaspoon Quinol liquid Coq10
1 tablespoon Fish Oil, **Cod Liver**
¼ oz Lemon Juice
1 packet Stevia
1 teaspoon Trace Mineral
4 drops Oil of Oregano
½ cup Bone Broth
2 tablespoons Nutritional Yeast
1 ½ cup water

Directions:

1. Place water and bone broth in blender
2. Add all other wet ingredients
3. Next add all dry ingredients
4. Last add the Beet Greens and Kale
5. Blend until liquid.

Placing ingredients in blender in order listed above helps for a smooth drink. The recipe should make about two –twenty ounce drinks.

*You can make drinks ahead of time and place in refrigerator and shake before you drink.