

# MARYCAIREMD

*Learn the Science. Heal Yourself.*

## DAILY GREEN DRINK RECIPE

This is a great daily habit for a healthier and more vibrant life. It's also a great way to get more fruits and veggies into your kids' diets. Always 70% greens and 30% fruit, this smoothie is a 100% perfect start to your day. Here's a basic recipe. Try your own combinations for variety.

In a blender, start with 2 cups of water or a nut milk. Then, add handfuls of the following organic, fresh veggies:

Romain  
Cucumber  
Baby Spinach

Add the following fruit to make up 30% of your smoothie:

Apple or berries (berries are lower on the glycemic index)  
Half or less of a banana

Add 2 TBSP medium-chain triglyceride oil, like organic cold-pressed coconut oil and a little ginger. Blend until smooth. Enjoy!

Serving size: 8 oz.

### SHOPPING LIST

- Romain
- Cucumber
- Baby Spinach
- Apple or berries
- Banana
- Cold-pressed coconut oil
- Nut milk