



## Smoothie Ideas

These are some tried and true favorites...  
You can be creative and design your own recipes!

### BANANA CREAM

- 4 oz purified water
- 4 oz almond milk
- ½ a banana (fresh or frozen)
- 1 scoop of RestorX™ or 2 scoops DetoxiCleanse™
- Add ice and blend

### BERRY BLAST

- 8 oz purified water
- ½ to ¾ cup organic fresh or frozen berries
- ½ a banana (fresh or frozen)
- 1 scoop of RestorX™ or 2 scoops DetoxiCleanse™
- Add ice and blend

### CARROT APPLEBY

- 2 oz purified water
- 4 oz fresh-pressed carrot juice
- 2 oz fresh-pressed apple juice
- 1 scoop of RestorX™ or 2 scoops DetoxiCleanse™
- Add ice and blend

Both RestorX™ and DetoxiCleanse™ mix well in water without blending. Adding fresh organic fruit and ice can make these nutritional products even more refreshing and satisfying. Discover your own favorite ways to add flavor to your morning or lunch time shakes. Fresh organic vegetable juices are an excellent choice. Fruit juices can contain a lot of natural sugar; something to remember if you are hoping to reduce calories.

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\* This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.