# Maximize Your Health.

Add Moringa Blend multi-use food powder to your recipes so that you can get healthy while eating the foods you love!

### 7 in 1 Collard Green Smoothie

(32 oz. serving / 250 calories)

#### **Ingredients:**

1 ½ cup of strawberries or fruit of your choice....raw or frozen

1 cup of chopped raw broccoli

1 ½ cup spinach leaves

1 ½ cup chopped raw collard greens (you will never taste the spinach, broccoli or collard greens, only the fruits)

or collard greens, only the fruits)
1 ½ scoop of Moringa Blend Multi-use Food
Powder

6 to 12 ice cubes

(blend using a 400 to 600+ watt blender until smooth)

1/4 teaspoon Crystal Lite or 2 drops of Stevia optional for sweetness

1 cup distilled water

## It's your metabolism!

Struggling with weight loss, exercise, depression, digestion, glycemic and cholesterol levels may be the result of your metabolism. It's a known health fact that metabolic deficiencies are why the body resist change. Moringa blend takes aim at this health issue with our 7 in 1 super green smoothie. In fact, our solution; 1 scoop with 7 benefits and multiple applications allows you to get healthy your way.

## Collard Green Smoothie Benefits:

- All the minerals, bulk fiber, enzymes, amino acids, plant proteins, vitamins, phyto-nutrients and electrolytes that come from eating raw foods
- 3 vegetables and 3 fruit servings per 36 ounces
- A great meal-replacement for quick weight loss
- Rapid regeneration while processing through an unhealthy habit
- An affordable, gentle, safe master cleanse and detox formula
- The best daily maintenance drink on the market
- A good source of electrolytes, phyto-nutrients and glutathione