

YOGA BODY NUTRITION

SACRED RECIPES



Feeding Your Bliss & Energy

Chocolate Surprise Green Smoothie

½ grapefruit – shave the outer yellow skin, but keep the white pith (makes it thick and nourishes bones)
2 cups chopped romaine or celery
¼ bunch chopped dandelion greens
squeeze fresh lemon juice
1 tsp. raw cacao nibs (optional)
1-2 tsp. coconut oil or ¼ avocado
stevia as desired (I like to use chocolate stevia in this)

Sunshine bonus: 2 drops each Young Living grapefruit and lemon essential oils

Add all the ingredients to a high-powered blender (Vita-Mix)*. Add enough water to blend (about ½ cup).
Puree until smooth.

Chocolate Surprise Green Juice

No chocolate in this one, but the combo of the dandelion and the carrots has a chocolaty flavor. You can add a couple of drops chocolate flavored stevia for some deeper chocolate flavor.

1 head romaine
4-5 leaves dandelion
4-5 carrots
squeeze lemon

Juice everything in a high-powered juicer or blend in the Vita-Mix*.

**Vita-Mix has a special on refurbished models.

Use this link for free shipping (\$25 value): <https://secure.vitamix.com/acb/stores/4/Special-Deals-C119.aspx?COUPON=06-003570>