

Protean drinks

chocolate banana

1 banana

1/2 cup white grape 100% juice

1 cup pineapple juice

1 1/2 cup Rice Milk - or whatever form of milk you can drink

2 tbs dark baking cacao

1 tbs green superfood powder

1 tsp sunflower lethacin

3 tbs hemp seeds

Put all ingrediennce in blender turn on high for at lest 2 minutes or until all coco beans are ground fully. Have a minimum of 2 oz. in morning and through out the day as needed.

Makes a little over a quart. Good for muscle cramps, and adds to sooth any acid in stomach and colon. It is more sustaining protein drink.

Green protean drink

2 tsp. Spirulina powder - seaweed

2 tsp. Moranga powder

1 or 2 tsp Hemp powder depending on How thick you like your drink.

1/4 cup white grape juice (100% juice)

3/4 cup water

Put all ingreadance in 10 oz. jar shake well. makes 8 oz. drink a minimum of 2 oz in morning. In your 2 oz container you may add a squirt of rescue remedy and Black walnut. This drink gives the right protean to the brain and the other remedy helps restore healthy brain seratonins and rejuvenate and strengthen the sin-naps gap. Green Plant proteins