



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Cranberry Apple Smoothie

Ingredients:

- 2 *organic Apples, peeled, cored, and diced*
- $\frac{2}{3}$ cup *organic Cranberries, fresh or frozen*
(or one cup *unsweetened organic Cranberry Juice*)
- 1 *organic banana, peeled and sliced*
- 2 tablespoons *organic Almond Butter*
- 1 tablespoon *organic Flax Meal*
- 1 tablespoon *organic Hemp Seeds*
- 4 Ice Cubes
- Spring Water or thoroughly Filtered Water *as needed*



Instructions:

1. Place Cranberries and Water (or juice) in blender or Vita Mix®. Add Banana and Apples. Pulse or blend.
2. Incrementally add $\frac{1}{2}$ tablespoons of Almond Butter and blend, until 2 tablespoons are fully blended into the mixture.
3. Add remaining ingredients and blend thoroughly. *Add liquid as needed.*