

Longevity Shake Recipe

Put the following **Basic Ingredients** into Vitamix or blender:

- 1 packet of shake powder (OptiCleanse GHI, Chocolate, Vanilla, or Chai) order from here (<http://www.wholescripts.com/register/drdebbie>)
- ½ Banana
- ½ cup Blueberries or Strawberries
- 1 cup Almond Milk - to desired consistency
- 2 Tablespoons organic Chia Seeds (grind in coffee grinder)
- ½ Teaspoon Cinnamon
- ½ Teaspoon powdered Ginger
- 1 Teaspoon organic Peanut Butter Powder or Almond Butter
- Dash of Black Pepper and Himalayan Salt
- Ice - to desired consistency

Variations:

- ¼ to ½ fresh Beet
- ½ Carrot
- 2 inch long slice of Cucumber
- 1 stalk Celery
- ½ Teaspoon ground Turmeric
- Organic Flax Seed if you can find it (buy whole and grind in coffee grinder)

When Blending:

- Put in first: fruits, milk, and all powders/spice and do initial blending (this will help the powders/spices dissolve)
- Then put in vegetables and blend again
- Put in ice last