

El Ha Gahn's breakfast power smoothy No. 1



Large red D'Anjou pear

¼ pineapple

Large green D'Anjou pear

3 tablespoons goji berries

¼ ounce fresh ginger root

1 tsp. licorice root power

2 Stalks of Yu Choy Greens

½ tsp. juniper berry power

Slice up the ginger into quarter inch pieces and place them in a blender. Next add the goji berries. Now chop up both pears and add them. Cut off a piece of pineapple about one fourth and then cut that down into half inch chunks. Put them in. Chop up the Yu Choy greens and them. Now fill the blender half full of water. Turn it on high for 3 minutes. Stop it and let it settle for a minute. Add the licorice root and juniper berry powders. Then start it up again on high and let it blend until smooth. You may add more water to thin it down if desired.

This particular blend makes a very tasty drink. And this is one of my variations of breakfast smoothy. I use it because it provides quick energy that is readily Bio available. Of course I drink a whole blender full at a setting (about 48 ounces) and that will energize me and hold me for at least 5 hours. It is a good fuel and quite cleansing as well. Incidentally I do not use any sugar or honey in my smoothies. I build them based on the tastes of the various natural ingredients. (high carbon sweeteners tend to overdrive the body.)