



HAL ELROD'S LIVE TO BE 100+ SMOOTHIE RECIPE

MMers, after years of personal research and testing, this is the exact smoothie recipe that I drink every single day, to stay energized and healthy, *and* to stay cancer-free—and I absolutely LOVE it! These ingredients have been shown to help us achieve optimum health, but do NOT feel like you need to use ALL of them. Just pick and choose from this list and see what works for you. And I sincerely hope this smoothie adds as much value to your life as it does to mine!

With love & gratitude,

- Hal

Blend Some or All of the Following Ingredients for 30-60 Seconds

- Fresh Squeezed Organic Lemons (1-2)
- Water or Organic Nut/Seed/Coconut Milk (2 cups)
- Organic Orange (1)
- Organic Flax Seeds (3 tablespoons)
- Organic Chia Seeds (1-2 tablespoons)
- Organic Walnuts (1 small handful)
- Organic Garlic Cloves (1-3)
- Organic Ginger (1-3 one-inch pieces)
- Organic Spinach (1 handful)
- Organic Frozen Blueberries (1 handful)
- Organic Frozen Avocado Chunks (1 small handful)
- Organic Whole Food Powders (*Most of these are available on Amazon or ThriveMarket.com)
 - Organic Vanilla Protein Powder
 - Organic MCT Oil Powder
 - Organic Matcha Green Tea Powder
 - Organic Ginseng Powder
 - Organic Turmeric Powder
 - Organic Milk Thistle Powder
 - Organic PAU D'Arco Powder
 - Organic Acerola Cherry Powder
 - Organic Psyllium Husk Powder
 - Organic Maca Powder
 - Organic Ceylon Cinnamon Powder
 - Organic Ginkgo Biloba Powder
 - Organic Dandelion Root Powder
 - Grass Fed Collagen Powder (*Exclude this if you want your smoothie to be Vegan)
- Cup of Ice (I put this in last, after I've blended everything above, then blend 10 more seconds)