

## Sesame Smoothie 32 oz

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### Ingredients

½ cup Raw Sesame Seeds (in-shell)  
2 tbs Raw Cacao Nibs  
1 tbs Brown or Golden Flax Seed  
pinch Sea Salt  
3 cups Cold Filtered Water  
2-3 Very Ripe Bananas

### Directions

Soak the sesame seeds overnight in a wide-mouth mason jar. In the morning, rubberband a square of cheesecloth or any fine mesh screen over the wide-mouth mason jar and drain the water. Rinse the sesame seeds in fresh water and drain again. Dump the sesame seeds in your Vitamix or high-powered blender; add the cacao nibs, flax seeds, sea salt, and cold water. Blend on high for 2-3 minutes or until smooth. Add the ripe bananas, blend on high for 1 minute. Drink and enjoy!

## Green Smoothie 32 oz

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### Ingredients

2 medium fresh Collard Leaves  
1 packed cup Baby Spinach  
3-5 medium Romaine Leaves  
1 tbs Raw Cacao Nibs  
½ cup frozen Blueberries  
½ cup frozen Sweet Black Cherries  
¼ cup fresh Cranberries (when in season)  
2-3 cups Cold Filtered Water  
1-2 Very Ripe Bananas  
1 tbs Vitamineral Green  
1 tsp Royal Jelly  
1 tbs Raw Honey (if needed for sweetness)

### Directions

Chop greens in small pieces. Add greens, cacao nibs, and water to the blender. Blend until slightly chunky-smooth. Add all the fruit, blend until smooth. Add royal jelly and Vitamineral Green. Blend on low. Taste, add honey if more sweetness is desired.

## Resources

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Sesame Seeds :: Asian Grocery Stores  
Frozen Blueberries/Cherries :: Trader Joe's  
Raw Cacao Nibs :: Whole Foods, Various Online Stores  
Vitamineral Green :: [www.HealthForce.com](http://www.HealthForce.com)  
Royal Jelly :: Whole Foods, Various Online Stores  
Raw Honey :: Whole Foods, Various Online Stores  
Vitamix :: Costco (2-3 times per year), Various Online Stores