

TRG'S Purple Power Shake

(serves 2)

BY TERI GENTES

1 frozen banana – in chunks (peel ripe bananas, cut into bite size pieces, and freeze until needed)

1 cup frozen blueberries

1-2 fresh kiwis or $\frac{3}{4}$ cup pineapple or strawberries or chopped pears

$\frac{1}{2}$ cup soy, rice, almond, coconut, or organic milk

$\frac{1}{2}$ cup freshly squeezed orange juice or try RW Knudsen's black cherry juice

2 tbsp almond butter (raw is best – try Maranatha) or $\frac{1}{4}$ cup raw almonds (soak overnight)

1 heaping tsp greens (try Tropic or Ruth's Hemp Protein Powder with E3 Live and Maca)

1 scant tsp of calcium ascorbate (if desired)

1 tsp flax or hemp seed oil

1 – 2 tbsp freshly squeezed lemon juice if desired (great liver support)

► **Combine in a blender and whirl until creamy.**

Add more nutrition (vitamins/minerals), fibre, and essential fatty acids by topping smoothie with a tbsp of ground flax seeds, hemp seeds, bee pollen, etc.

Double the recipe if needed and add more or less liquid to achieve the desired consistency. The combination of frozen and fresh fruits produces a thick and frosty smoothie I love to eat with a spoon.

Be sure to catch Teri Gentes at the 2008 Toronto Conference and Trade Show. For more details or to register, visit www.canfitpro.com

Known internationally for her enthusiasm, passion, and integrity, Teri Gentes engages, educates, and inspires her clients and audiences to embrace and sustain healthier lifestyles. She focuses specializes in "Work In's"™ - positively affecting life from With In. This international presenter is an author of self-health articles and easy gourmet nutrition recipe books. Teri speaks at health expos and conferences regularly, hosts gourmet nutrition cooking workshops, consults privately and appears on TV programs providing guidance on consciousness, self-health, nutrition, and personal training. As a Lifestyle Wellness Coach, Nutritionist, Personal Trainer, and Group Fitness Instructor, Teri has over twenty-five years of active work in 'whole self' health and wellness. Teri Gentes is also the author of *Living Health—Fast 'n Fabulous Foods*. Contact her at: www.terigentes.com teri@terigentes.com