



Recipes

Savory Snacks

Afternoon Pick-Me-Up

Prep Time: 5 minutes

Cook Time: none

Yield: 1 serving

Ingredients:

3 carrots (or 12 ounces carrot juice)

1 tablespoon spirulina or chlorella powder

Directions:

1. Juice carrots in a juicer or purchase fresh carrot juice from a health food store.
2. Add spirulina to juice and mix very well.
3. Drink slowly and enjoy your energy.

Notes:

- Try different types of greens and super-foods to see how they affect you differently.
- If using bottled carrot juice make sure it is organic.