

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Chlorophyll Cocktail Mary Pomeroy



3 1/2 c. Fresh chopped Pineapple with water to mix or Pineapple Juice

1 large handful of Alfalfa (can be substituted with Spinach or 1 t. Jurassic Greens)

1 small handful of Parsley (If you are nursing, use Spinach. Parsley can reduce your milk supply)

1-2 cups of Ice

Blend well and enjoy!!! This is a 50+ year old family favorite that has been passed down to me. To sweeten it up, add agave or honey, bananas, or dates. To add some flare, a squeeze of lime or a small handful of mint. To make it creamy, add banana or coconut milk.

Have fun!