

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

New 8 shake

Thanks to M.V. for the recipe!



2 ounces organic rice milk (start small)
4 bananas
8 strawberries, frozen
1 teaspoon wheat germ
1 teaspoon nutritional yeast
4 small figs
4 ounces or so distilled water
1/8 teaspoon bee pollen

Blend until smooth and add more bananas' or strawberries until the desired consistency and sweetness is reached. Enjoy!