

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Sunrise Smoothie



- 1 cup pineapple
- 1 cup mango
- 1 cup strawberry
- 1 banana
- 1 cup boxed coconut milk
- 1 cup ice (if using fresh fruit)
- 1/4 cup red clover sprouts (or other sprouts)

Blend well and enjoy!