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For the Highest Level of Health, From the Earth's Greatest Nutrients™

Dr. Skip's Super Smoothie

**For Solid Energy and Healthy Blood Sugar Balance
Your Taste Buds will be Dancing and Your Brain will be Smiling!**

2-3 heaping scoops of Higher Ground Organic Hemp Protein Powder
1 heaping scoop of Higher Ground Supreme Tocotriene Complex
½ cup frozen organic blueberries
½ cup frozen organic pineapple chunks
1 cup frozen organic mango chunks
1 cup plain or vanilla goat yogurt
1 cup goat milk
2 cups of pure water
1-2 teaspoons or honey or one and a half to two droppers full of Stevia to taste

Put all ingredients in a blender and blend on high for 10-15 seconds. Enjoy!

You can pick your own favorite frozen organic fruit combination for variety.
Vegans can substitute goat dairy with almond milk (always dilute with water).

Double Portion

Make a double batch for breakfast and pour the rest into a thermos and take it with you. It will help keep your blood sugar up when you're on the run by having a cup every two hours.