

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## **Breakfast Berry Smoothie**

*[The Real Food Diet Cook Book, by Dr. Josh Axe]*

### **Ingredients:**

- ½ cup coconut milk
- 1 scoop protein powder or 2 eggs
- 1 cup frozen berries
- ½ tsp cinnamon
- Stevia to taste

### **Directions:**

- Place all ingredients in a blender and blend until frothy.