

Wellness Plus Delaware

A Full Spectrum Natural Living Community Co-op



Breakfast Recipe

The Wellness Plus Delaware breakfast recipe is the perfect choice for a nutrient-dense meal in the morning. We encourage you to step outside your comfort zone. Enjoy this breakfast shake which will nourish and heal instead of just getting you to the next meal.

Ingredients

- 1 Pack green tea (6 grams)
- 1 Enzyme Plus capsule
- 1 Scoop Juice Plus Complete (37.5 grams)
- 1 Cup of any frozen red tart cherries*
- 1 Cup Unsweetened Soy or Almond milk or enough to cover solid ingredients
- 1 Tablespoon Brewer's Yeast (optional)
- 1 drop lemon essential oil (optional)**

*If red tart cherries are not available to you, use a low sugar content fruit such as berries or other non-tropical fruit.

**If high quality lemon oil is not available, a slice of organic frozen lemon with peel is an alternative.

Procedure

- Combine all ingredients and mix in high intensity blender.

About the Ingredients?

Wellness Plus Green Tea is a special specie of 300 types of tea trees grown in China called "Cai Cha" -- (meaning vege-tea) in Chinese. This tea is a food not just a drink. The tea is picked from the very first sprouts in the most recent spring and dried at an exceptionally low temperature. This Whole Food Green Tea is offered exclusively by Wellness Plus International, Inc. in Delaware.

B. Enzyme Plus contains a complete formula of high quality plant-based enzymes to promote proper digestion of protein, carbohydrates, fatty acids and fiber with a proprietary formulated line of pure essential oils to deliver the digested nutrients to every cell of your body.

C. Juice Plus Complete is a Whole Food based plant protein powder, blended with wheat grass and kelp. It contains no sucrose, no caffeine, no cholesterol and no artificial sweeteners, colors, flavors or preservatives. It also does not contain corn, yeast, wheat, egg or milk products.

Wellness Plus Delaware
Talleville Shopping Center
3617 Silverside Road, 2nd floor
Wilmington, DE 19810
302-478-7723