

Clint's Morning Drink

Ingredients:

- 2 oz wheatgrass juice
- $\frac{3}{4}$ regular sized beets for blood pressure
- 3 stalks of celery
- $\frac{1}{2}$ English cucumber
- 1 apple
- 3 medium carrots
- 3 handfuls of sunflower sprouts
- 1 handful of dandelion greens

Instructions:

- juice

Hemp milk

Ingredients:

- 1/2 cup hulled hemp seeds
- 3-4 cups water (use less water for thicker, creamier milk!)
- 1/2 tsp vanilla extract (*optional*)
- 2 Tbsp cocoa or cacao powder for "chocolate milk" (*optional*)
- 1/4 cup 1/4 cup fresh berries for "berry milk" (*optional*)

Instructions:

1. Add hemp seeds, water, and any additional add-ins (optional) to a **high-speed blender**. Top with lid to ensure it doesn't splash. Blend until the mixture seems well combined.
2. Scoop out a small sample with a spoon to test flavor/sweetness. Add more dates, salt, or vanilla as needed.
3. Use desired amount. Clint does not recommend storing it for longer than a day.

Quinoa Porridge

Ingredients:

- ½ cup Ancient Harvest Quinoa Flakes
- 1 cup of water
- 1 tsp Maca powder
- 1 tbsp flax seeds

Instructions

1. Grind flax seeds in blender
2. Add all other ingredients in blender and include hemp milk
3. Serve in a bowl topped with fruit of your choice

Clint's Lunch Salad

Ingredients:

- 1 avocado
- Lettuce
- Tomato
- Cucumber
- Sunflower sprouts
- Black olives
- Cilantro, squeeze of lemon juice (optional)

Instructions:

1. Chop up all ingredients $\frac{1}{4}$ inch except lettuce
2. Mix it all up in a bowl
3. Serve on a bed of lettuce
4. Enjoy!

Green Goddess on-the-Go

Ingredients:

- 1 cup lettuce
- 1 cup celery
- 1 cup cucumber
- 2 inch slice of peeled aloe vera
- ½ cup sprouts -- Clint recommends sunflower sprouts
- 1 avocado
- ½ clove garlic
- 1 slice of onion
- Sea salt and pepper to your liking
- Handful of spinach, touch of parsley, small handful of dandelion (optional)

Instructions:

1. Add all ingredients into a blender and use plunger to push it all down
2. Pour and enjoy!