

## Our Sunrise Surprise

*We have the perfect purification solution to start your day*



### Daily Breakfast Purification Drink Benefits:

- increases energy
- increases cognitive function
- stabilizes blood sugar level
- reduces cellular stress

### Sunrise Surprise Ingredients:

1 cup vanilla flavored rice milk  
2 tbsp. recommended protein powder  
2 tsp. flax seed oil  
½ cup frozen organic blueberries (experiment with other fruits, eg. strawberries, peaches, mixed fruit)  
1 banana

**Blend all ingredients and enjoy!!**

***Purification should be a daily routine - don't give toxins a chance to accumulate !***

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