

Green smoothy, to alkalise your body and build up vital blood

After some trial and error to make a tasty green smoothy that supports our vitality, we came up with the following:

The best time to take your green smoothie is in the morning.

Before you take the smoothy either take [MVA detox](#) or [MVA Forte](#) depending upon the load of toxins. Council the Support Team if you can't decide.



Ingredients:



For **1** person, choose **250 grams** of green vegetables such as:

Spinach
Green chard (Blitva)
Endive
Green salads (we recommend always including some of these, as green salads tend to be 'sweeter')
Green celery
Avocado
Courgette
Cucumber
Or whatever is available in the season
Fresh green herbs like parsley, basil, coriander and so on
and other green vegetables and/or green herbs

plus

1/2 glass Bio Almond milk (100cc) **or** 1 cup almond soaked one night and add to the mix
1/4 tea spoon [SOL](#) (sea salt dissolved in water without added iodine)
1 tablespoon olive oil or other vegetable oils such as hemp or flaxseed oil (cold pressed)
Possibly supplemented with filtered water

How to make:

Wash the vegetables and cut them into small pieces. First, place the almond milk(or soaked almonds), SOL, olive oil and possibly water in the blender and on top of it, add your composite mix of green vegetables and herbs and blend until it has your favourite degree of fluidity. Some people like to eat the green smoothy with a spoon and others prefer to drink it.

Put your green smoothie in a glass and eat/drink it DIRECTLY, otherwise it will oxidise.

To your optimum vitality.

**Men and women of the
Forever Vital & Pet Care Support Team**

Note: a quick version for when we lack time:

Then choose the Forever Vital [Green Vitality Boost](#), the Easy Way



A private initiative. Engaging with us means that you as a man or woman and in your own title agree to the notice on www.healthyvitalizers.com & www.forever-vital.com