

ELL FARM
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“Eating to live, versus living to eat”

BLENDING ORGANIC BALANCE (B.O.B.)

Ingredients

FRUIT: Fill your Blender ½ full of fruit. We always use 1 banana and 1 cup of frozen berries, plus optional fruit, & Water. i.e.; Apple, Kiwi, Mellon, Pineapple, Pomegranate, etc.

RAW HONEY: Use 1-2 tablespoons (This honey is easily digested, great for your immune system, and a fast-acting carbohydrate.)

FLAX OIL: Use 1 Tablespoon of Oil or 2 tablespoons of Seed. (Flax seed oil contains a perfect balance of essential Omega Fatty Acids; 3,6, & 9. This natural fat is essential for your brain, heart & joints)

NECTAR D’OR: Use 1 Tablespoon (This product contains the soil’s essential nutrients; electrolytes, natural antibiotics, and minerals ranging for macro to micro.)

HI PRO: Use 1-2 tablespoons (This protein powder is blended from 3 sources; soy, whey & egg. It contains papaya & lethicin to aid digestion, but no sodium or sweeteners. This protein feeds muscle tissue and helps curb appetite.)

BREWER’S YEAST: Use 1 Teaspoon (This yeast is a grain grown nutritional product. It is loaded with B-Complex vitamins plus other; vitamins, minerals, essential amino acids, etc.)

BARLEY or ALFALFA POWDER: Use 1 Teaspoon (These wheat grass products are certified organic, dehydrated at 88 degrees F, and contain a complete scope of essential nutrition and chlorophyll. They are the perfect food source.)

NOTE

This recipe is intended to provide the user with an Organic Meal replacement. The Drink is highly digestible and provides; Carbohydrates, Protein, Essential Fat, Fiber, Vitamins, Minerals & Essential Amino Acids.