



Juice PLUS+ Chocolate Coffee Complete

Combine the following in a blender:

4 ounces coffee
4 ounces plant milk (almond, soy or rice)
2 Tbsp. Greek non-fat yogurt
1 Package/Scoop Juice Plus+ chocolate Complete
1 Tablespoon flax and/or chia seeds (ground in a coffee grinder) - Optional
1/2 banana
1 Tbsp. powder peanut butter
1/2 Cup crushed ice
4-6 ounces of water
1 Cup spinach or kale - Optional

Flax and Chia seeds are rich in Omega-3 fatty acids, lignans and fiber.

Lignans are anti-cancer, anti-viral, and anti-bacterial constituents, and flax seeds are one of the best sources of them.

Flax has also been shown to improve your immune system, reduce cholesterol and improve skin conditions such as eczema and psoriasis.

Use Juice Plus+® Complete in a number of ways:

- For an on-the-go breakfast: Get a great nutritional start on the day.
- As a pre-exercise energy drink: Slow releasing, low-glycemic carbohydrates help prepare you for exercise.
One 33 gram serving provides 13 grams of high quality plant-based protein.
- As a post-workout recovery drink: Replenish your body with Juice Plus+® Complete's balance of carbohydrates, proteins, vitamins and minerals.
- For watching your weight: Use low-calorie Juice Plus+® Complete in place of a meal or as a between meal snack, once or twice a day.
- As a late night snack: A tasty substitute for things you shouldn't be eating before you go to bed.

Donna Lang Stoffel

Juice PLUS+ - The largest selling nutritional product in the world

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Ask me how students ages 4 – college can get Juice Plus+ for FREE!