

DEREK'S  
GOD JUICE

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Several handfuls of **KALE** and **SPINACH**

1 tsp – **FLAX** Seed Meal,

**CHIA** Seeds, **HEMP** Seeds

**MATCHA** Green Tea Powder (product of Japan)

2 tbsp – Extra Virgin **COCONUT OIL**

½ tsp – Extra Virgin **OLIVE OIL**

2 small sticks – **CEYLON CINNAMON** (not Saigon)

few slices – Fresh **GINGER ROOT**

1 scoop – Vegan **PROTEIN POWDER**

2 tbsp – Organic **PEANUT BUTTER**

handful – **STRAWBERRIES, BLUEBERRIES**

fill up  $\frac{3}{4}$  – **WATER**