

## My Favorite Anti-Parasite Smoothie

### Ingredients:

- $\frac{1}{4}$  non-GMO large **green** papaya\* (or  $\frac{1}{2}$  small **green** papaya\*) – both flesh (cut up) **and** seeds
- $\frac{1}{4}$  fresh pineapple with core (cut up)
- $\frac{1}{4}$  cup pomegranate arils or **1-2** Tablespoons organic pomegranate powder
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup organic or wild blackberries ... raspberries and/or wild blueberries added occasionally.
- $\frac{1}{4}$  -  $\frac{1}{2}$  fresh lemon with rind (**use rind only if organic and washed well**)
- **10-20** whole organic clove buds
- **1-5** fresh garlic cloves (the more the better, but the taste may suffer)
- **1-2** cups fresh organic or wild greens (e.g., spinach, Swiss chard, beet greens, plantain, dandelion)
- $\frac{1}{2}$  - **1** cup fresh coconut water (or filtered water) or KeVita Lemon Cayenne sparkling probiotic drink
- $\frac{1}{2}$ " - **1**" piece fresh organic ginger root (the more the better)
- $\frac{1}{2}$  - **1** teaspoon organic Ceylon cinnamon (or more to taste)
- **1 – 2** organic cardamom pods (with seeds)
- Dash of quality salt such as Himalayan pink salt or Celtic sea salt , if desired
- Organic cayenne pepper (*as much as you can handle .... You can use any fresh **hot** pepper ... I use a sliver of Ghost Pepper (Bhut jolokia), but **BE WARNED** as Cayenne pepper is rated between 30,000-90,000 Scoville heat units (SHU) and Ghost pepper is over 1 million SHU!*)

Add all ingredients into a high powered blender and blend until smooth.

Optional: I add the pomegranate arils and/or blackberries **after** blending to encourage proper chewing. Regardless, I always “CHEW” my smoothies and juices well. I do NOT drink like water. I know it is important to get my saliva and digestive juices flowing for proper digestion and nutrient assimilation.

\*Non-organic Hawaiian papaya is genetically modified – I always choose organic or get Mexican Red (red flesh), Caribbean Red, Maradol, Royal Star, The Singapore Pink (bright orange flesh), or the Higgins variety (bright yellow flesh) as these are non-GMO at this time. GMO varieties include: Rainbow, Strawberry, Sun Up, and Sunrise.

I choose organic (and local whenever possible) ingredients ... it makes a big difference. ☺

### Grocery shopping list for 4 days of smoothies OR 4 servings:

- 1 large green papaya (or 2 small)
  - 1 pineapple
  - 1 pomegranate
  - 2 lemons
  - 2 bulbs garlic
  - 4" ginger root
  - Greens ... spinach, lamb's quarter, Swiss chard, dandelion, etc.
  - 10 – 16 oz. frozen or fresh organic blackberries
  - 1 young coconut for water (save the flesh for other uses) or 1-2 KeVita Sparkling Probiotic drink(s)
- Pantry Spices: Ceylon cinnamon, whole clove buds, cardamom pods, cayenne pepper, salt.

