

Recipes

Daily Function Fuel

Breakfast is a critical meal for your body. We've all heard that breakfast is the most important meal of the day. The by-line to that should have been "but a breakfast of processed sugars and concentrated fruit juice isn't the answer." Do your body this favor. Start everyday with a nutrient dense meal. Your cells will thank you. Soon your body won't remember how it functioned before the days of Function Fuel.

Makes 20oz

Ingredients

- 8 ounces rice or soy milk, or other plant milk of your choice
- 1 banana
- 1-1 ½ Cups Blueberries - or your favorite berries
- 2-3 teaspoons Organic Sencha Green Tea Leaves, ground*
- 3-4 teaspoons Chia Seeds, preferably ground (amazing source of omega 3s)
- 4-6 ounces filtered water, for desired consistency

Kick up the nutrition by including a protein, whole-food, vitamin, or soy powder.

* If using Emerald City Tea's Sencha Green Tea Powder, use 1-2 mini-scoops with spoon provided.

Directions

Start with rice or soy milk and add chia seeds and ground green tea (which you can grind together in a coffee grinder). Add remaining ingredients in the blender and blend for approximately one minute. Enjoy!



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