

Boost Juice (FP)

Make this immune-boosting, blood sugar friendly juice in under a minute for you & your kids! THM Baobab Boost Powder is the "star" of this recipe! Baobab has more antioxidants than anything on the planet. Baobab has 10 times the amount of Vitamin C than oranges! THM Baobab Boost powder will boost your immune system & nutrients to the next level! This is the recipe that Serene serves to her children and has shared on the "Poddies". The taste is great and may remind you of a "pineapple citrus lemony" sherbet!! This recipe is a THM All-Day Sipper.

Serves 1

INGREDIENTS:

- 1 lemon (use the juice of 1 lemon; or the juice of half of a lemon if you would like it less tart)
- 1 tsp TH Baobab Boost Powder
- Water (small amount of desired water to properly mix your baobab into the lemon juice)
- 1 doonk TH Pure Stevia Extract Powder 1 cup ice cubes
- Water (enough water to fill your glass to the top)

DIRECTIONS:

1. Squeeze the juice of one lemon into a tall glass.
2. Stir in 1 teaspoon of baobab powder and mix well. You can add a small amount of water at this time to properly mix and dissolve the baobab.
3. Add one doonk of pure stevia extract and continue to mix well.
4. Fill your glass with ice and then add enough water to fill your glass to the top.

RECIPE NOTE:

We all love juice, our children love juice, but juice does ignite our blood sugar!! Serene says, "This juice is the only juice that will not make you fat!!" Pearl says, "We love fruit, but when you "extract" the juice from the fruit it raises your blood sugar and it is very fattening, don't do it!!! This excess sugar goes right into your blood and your body does not know what to do with it, so it causes trauma to your system.

THM Baobab Boost Powder to the rescue!!! Baobab has more antioxidants than anything on the planet. It has 5 times more fiber than a serving of oats. Twice the magnesium and iron of spinach, 6 times the amount of potassium than bananas, and 10 times the amount of Vitamin C than oranges!! THM Baobab Boost powder is a soft and gentle fiber that helps to cleanse your system and boosts your immune system and nutrients to the next level!!!