

Earth's Nutrition

VITAMIN and MINERAL Food Concentrate

For Energy, Weight Loss, Emotional Balance, Healthy Blood, and Rapid Healing of Injuries

Earth's Nutrition Recipes:

- This formula mixes better if you shake it with water or juice instead of just stirring it. If you're just add liquid to this formula, put it in a shaker bottle and shake it to avoid "clumping."
- You can mix this formula with 8 ounces of water and drink as is, but some people will not like the taste. The secret to getting these greens to taste good is in the recipe. So, I've written out a lot of recipes below to help!
- You could add a little flavored liquid stevia or monk fruit drops or powder, or even make a fruit smoothie. I like these because they have zero effect on your blood sugar, but you could use any natural sweetener. Citrus juice can also add a pleasant "tartness" to this formula.
- Nondairy milks, "collagen creamer," your protein powder, and coconut milk powder can also add to the enjoyment of this formula.



Fruit Smoothie Recipe:



- 3 to 4 oz. Apple Juice
- 3 to 4 oz. Purified Water
- 1 to 2 TBS **Earth's Nutrition** (Start with 1 TBS)
- 1/4 cup Frozen fruit (strawberries are great, but also any other berries, bananas, mangoes, peaches, etc.)
- 1/4 to 1/2 cup Soy, rice or almond milk (gives it a creamy taste)
- Optional: Maple syrup, allulose, monk fruit or stevia if needed or if nondairy milk is Unsweetened
- **Near Keto Variation:** replace the apple juice with the same amount of purified water and use a zero glycemic sweetener such as allulose, stevia or monk fruit.



Place in blender, blend on high for a few minutes and turn it into smoothie. I can't even taste the Earth's Nutrition powder when I make it up this way. As long as there are no diabetes or Candida problems, this would be a tasty option.

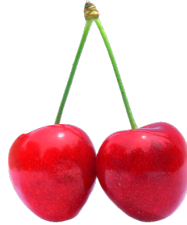
Almost Instant Green Lemonade:

- Juice of ½ Lemon
- 6 ounces Water
- 12 drops Liquid Stevia (Orange, Lemon, Mixed berry or Stevia Clear taste great!)
- 2 TBS Earth's Nutrition Powder



Instant Black Cherry Delight:

- 8 ounces Water
- 2 squeezes Black Cherry Stur
- 2 TBS Earth's Nutrition Powder



You can also use Grape Acai Flavor, Coconut Pineapple Flavor, Fruit Punch, or Peach Stur flavors. Stur is a liquid fruit concentrate sweetened with just stevia and fruit juice concentrate and the flavors can be really amazing. You can buy Stur online or at some health food stores. My personal favorite is Black Cherry flavor with Earth's Nutrition.

Instant Mixed Berry Delight:

- 8 ounces Water
- 4 to 8 drops Liquid Stevia (Mixed Berry Flavor)
- 2 TBS Earth's Nutrition Powder
- Optional: juice of ½ Lemon gives it an extra “tang”



Instant Green Delight:

- 6 ounces Water
- 4 to 6 drops Liquid stevia (good flavors are chocolate, chocolate raspberry, hazelnut, berry, English Toffee – SweetLeaf is a really good brand)
- 1 to 2 tsp Coconut Milk Powder or unsweetened nondairy milk
- 2 TBS Earth's Nutrition Powder



Stevia & Other Natural Sweeteners at your local health food store

More Below....

Orange Creamsicle:



- 4 oz. orange juice
- 4 oz nondairy milk (soy, almond, or rice milk)
- 2 TBS **Earth's Nutrition Powder**
- Optional: ¼ cup frozen peaches
- Optional: stevia or natural sweetener to taste if your nondairy milk is unsweetened. Valencia Orange flavored stevia in this recipe so delicious!

Pineapple/ Grapefruit Juice blend

This is my favorite juice blend recipe:



- 3 oz. Fresh Pineapple juice
- 3 oz. Fresh Grapefruit juice
- 3 oz. Purified/ Filtered water
- 2 TBS **Earth's Nutrition Powder**



Add all ingredients to a personal blender. Blend on high for a few seconds. Or, add ingredients to a jar with a lid, close lid, & shake jar for a few seconds.

Carrot Juice:

Some people love **Earth's Nutrition** with carrot juice because carrot juice is sweet.



- 4 oz. Fresh carrot juice
- 4 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition Powder**

If you have Candida or blood sugar issues, dilute carrot juice with an equal amount of water as written or use a blend of just a little carrot with other veggies like cucumber, zucchini, parsley, spinach, beet, ginger.

Virgin Pina Colada:



- 4 oz. Bottled Pineapple/coconut juice combo
 - (available at health food stores)
- 4 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition Powder**

Blend on high until smooth **OR** use:

- 4 oz. Fresh Pineapple Juice
- 4 oz. Purified/ Filtered Water
- 2 TBS Organic Flaked Coconut
- 2 TBS **Earth's Nutrition Powder**
- Optional: Stevia or other Natural Sweetener

Veggie Juice Combo:

- Several Carrots
- 1 stalk Celery
- ½ Beet
- Handful Parsley
- 2 TBS Earth's Nutrition Powder



1. Juice the veggies and add to a jar with a lid.
2. Add Earth's Nutrition, screw the lid on and shake jar for a few seconds until thoroughly mixed.
3. Since there are no fillers or emulsifiers in this formula, shaking it helps prevent clumps from forming in your drink.
4. The carrots and beets make it sweet.

Variation for diabetics, Candida sufferers or purists: Leave out the carrots and beets and add Zucchini or green onion if you want a non-sweet drink.



With Protein Powder, Coconut Cream Powder or Nondairy Milk:

I've had people tell me, "When I add my protein powder with it, it tastes better." If you have a protein powder you usually take, this could be an option as well. If you do not take protein powder, you can get a similar taste if you add in a couple ounces nondairy milk (almond milk, coconut milk, any nut or seed milk) and some natural sweetener if it is unsweetened. I like zero glycemic sweeteners such as stevia, monk fruit, monk fruit syrup and

allulose, but you could also use Organic Grade B maple syrup, raw unheated filtered honey, sweet potato syrup. Do not use "granulated sugar" or "sweetened condensed milk" at all for any reason ever in your cooking. If you have those, you should throw them out permanently.

Conventional Beverages:

If you're not a health nut, and the thought of juicing or making a smoothie makes you go "bleh", I understand. If you can get this formula into your body, it's going to work wonders for you! I've had people who added it to natural raspberry soda and they loved it! I've known people to add it to beer, milk and even cola drinks. (Maybe I can get you off of soda pop later, but hey - get this formula down and it'll help you.)

If I run out of ideas, I walk into the nearest juice bar and look to see what they're putting in their smoothies. There are endless options for what you can mix with Earth's Nutrition!

More Below...

Sweet Green Peanut Butter Fudge:

- ½ cup Organic Peanut Butter (without sugar or other additives)
 - ½ cup Organic Coconut Butter
 - ¼ cup Allulose Syrup or Monk Fruit Syrup or Grade B Organic Maple Syrup or Raw Unheated Unfiltered Honey
 - ½ tsp Pure Vanilla Extract
 - 2 TBS **Earth's Nutrition Powder**
1. Soften/ "Melt" the coconut butter by placing the jar in a large bowl of hot water
 2. Mix all ingredients together in a medium-sized mixing bowl or use a food processor to quick the mixing time.
 3. Transfer to a candy mold or parchment lined pan baking pan
 4. Freeze for around an hour to set
 5. Store in the refrigerator



Variations: use almond butter or any other kind of nut butter in this recipe

Note: you can purchase coconut butter in most health food stores or make your own coconut butter by mixing organic unsweetened coconut flakes in a food processor for several minutes until a smooth consistency is obtained.

Chocolate Banana Mocha Shake

Mix all ingredients together in a high-speed blender:

- 6 to 8 ounces organic unsweetened nondairy milk
 - 1 frozen banana, cut into 1-inch chunks
 - 2 tsp Organic Cocoa powder (do not use cocoa that has been processed with alkali)
 - 2 tsp Almond Butter
 - 1 TBS Monk Fruit Syrup or Allulose Syrup
 - 12 drops Liquid Stevia (Chocolate flavor, English Toffee or Stevia Clear) or more to taste
 - 2 TBS **Earth's Nutrition Powder**
- **Optional:** 1 dropper Dr. Foster's **Immune Valor** – help immune system, smoothes out the effects of caffeine from the chocolate.
 - **Optional:** 2 tsp grain coffee substitute (like Pero, Inka, Cafix) or powdered roasted dandelion root – makes it taste like a mocha shake, also adds to the flavor of carob if you are using that.
 - **Variation:** substitute roasted carob powder for the cocoa if you are overly sensitive to caffeine or if you suffer from high blood pressure, epilepsy or overactive thyroid.



[Click here to see more info and order Earth's Nutrition](#)

Good Luck and Good Health To You!

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