

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 or stevia if needed or if nondairy milk is unsweetened



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.

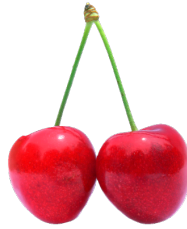
Almost Instant Green Lemonade:

- Juice of 1/2 Lemon
- 6 ounces Water
- 12 drops Liquid Stevia (Orange, Lemon, Mixed berry or Stevia Clear taste great!)
- 2 TBS **Earth's Nutrition**



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**



Stevia & Other Natural Sweeteners

Orange Creamsicle:



- 4 oz. orange juice
- 4 oz nondairy milk (soy, almond, or rice milk)
- 2 TBS **Earth's Nutrition**
- 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**



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**

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**

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**
- optional: Stevia or other Natural Sweetener

More Below....

Veggie Juice Combo:

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



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

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

Good Luck and Good Health To You!

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