

Dr. Yogis Green Drink

A Yogic Breakfast Drink for Yogis On-The-Go

In years of classes with my beloved teacher, the Master of Kundalini Yoga, [Yogi Bhajan](#), he encouraged us drink or eat certain healing items everyday to feel young, light and healthy. To name a few, Chlorophyll, Rice Bran Syrup, Turmeric, Almonds, Almond Oil, Pomegranate Juice, Yogi Tea, Sesame Oil, Whey and Yogurt (with live cultures and homemade being the best). This recipe includes those healing ingredients and a few others. This is not his recipe or idea to combine all of these ingredients at once. His recipes were geared toward specific health goals. It is, however, an amazing healthful drink designed for everyday. It is called "Dr. Yogis Green Drink" because you become your own Dr. Yogi when you combine, drink and benefit from it. This cleansing, nutritious and enjoyable green drink ignites your vitality and youth with energy until noon. There is **NO** blending, adding fruit or juicing necessary. It's easy to stir, pour, add some quick items, shake and go with this natural and **VERY HEALTHY** breakfast drink. It fills you up, cleans you out and picks you up all at the same time. The ingredients have numerous benefits for your whole body. You can read about them below by clicking the links near the ingredients

You'll mix your Base Liquid once a week (Sunday is perfect) and keep in the frig to use that week. You are mixing enough Base Liquid for a week's worth of healthy shakes. This drink can last up to two to three weeks in your frig depending on what liquid you use ie. soy, rice or almond milk, or tea, juice. This makes it convenient if you miss a day or even a few days. Start up again the next morning or carry over what you have stored in your frig to the next week. It's best to drink it at room temperature, if possible. Also, be sure to pack a banana or healthy snack in case you get hungry before lunchtime.

Equipment Needed: A Tupperware pitcher or pouring container with lid approx. 84 oz or two liter container with tight fitting lid, a good whisk, and measuring utensils, 16oz shake cup with lid, spice or coffee grinder for almonds (nice but not necessary).

Add the following ingredients to your approx. 84 oz. or two liter container:

Base Liquid Ingredients for 5-6 days worth of healthy shakes

48oz or 1 ½ quarts Liquid – low sugar liquid – Here is a variety of choices – you can switch around using these:

Straight Unsweetened Herbal or Raw Yogi Tea or ½ Soy, Rice or Almond Milk and ½ Tea or straight Soy, Rice or Almond Milk OR straight Unsweetened Blueberry Juice, Pomegranate Juice, Unfiltered Apple Juice or OJ (Trader Joe's has all these juices) or ½ Juice and ½ Tea or water combo

Add to the above 64 oz. of liquid:

2/3 cup Chlorophyll Liquid (World Organics) Purchase at health food store

1/3 cup Rice Bran Complex (Dr. Bernard Jensen's) Purchase at health food store or online

1/4 cup Almond Oil or Sesame Oil and/or Flaxseed oil – Almond oil can be found at your local Indian Grocer or some health food stores carry it.

1/2+ cup raw slivered almonds long rectangle shapes without peels, whole ones work too without peel, ground. Slivered ones are can be found in bulk sections at the health food store or in 1lb bags at Trader Joe's. I grind in a spice grinder, but you can hand chop, use a rolling pin or small food processor.

1-2 Tablespoons turmeric paste (to make turmeric paste: boil 2-3 T of turmeric in water for 2-3 minutes. Keep in refrigerator for up to 1 month and use when needed.) You can purchase this at your local Indian Grocer and most grocery stores.

1/3 cup Aloe-Vera Juice (optional) You can purchase at the health food store.

Now, whisk or shake. Before pouring your daily serving of 12 to 16 ounces always whisk or shake first so you get all the great stuff it has to offer. Then add the quick items below each time and shake well before drinking.

Daily Additions:

Each day, whisk your Base Liquid well and then quickly pour 12 to 16 ounces into a shake cup that has a lid (remember you are trying to make your Base Liquid last for five to six days if possible). Then in each shake you will add:

1 to 2 scoops protein powder – your choice Love MRM Whey Pumped/Rich Vanilla. If you need a non-soy or non-dairy powder Jarrow Rice Protein Powder. All can be found at the health food store.

1 T Lecithin Powder (Health Alliance non-GMO is good)

1 Open one gelatin capsule of Daily Essential Enzymes (Source Naturals from the health food store works) and sprinkle in your shake or add 1-2 T Plain Yogurt with live cultures (good for digestion)

1 T Pomegranate Concentrate Optional (perhaps use if not using Pomegranate Juice for the liquid)

Shake well and then drink slowly crunching the almonds. Yummy! Drink to Good Health!

This drink will help with your regular yoga practice. Enjoy Yoga in Murrieta, Temecula and Lake Elsinore. Wednesday evening classes are famous for healing food and community after class, hope to see you there. See www.yogatemecula.com for the weekly yoga class schedule. If you have any questions or come up with any other healthy combos for the liquid base please email me at: atmak@objectrad.com or call 951-696-9063 ext. 105 – It is through the grace of God that "Dr. Yogis Green Drink" has been brought to you.