

# 90 Kale Tonic Fresh Smoothie Recipe

## 90 Kale Tonic Fresh Smoothie

### Ingredients:

- 2 handfuls organic kale
- 1 organic fuji apple
- 1/2 organic cucumber
- 1 organic lemon
- 1 cup distilled water
- 1 oz Plant Derived Minerals
- 2 scoops BTT 2.0
- 1 scoop Osteo-fx

### Instructions:

Blend it all together until smooth, pour, and enjoy.

This isn't just a smoothie-it's a delicious way to support your body with minerals, antioxidants, and the 90 essential nutrients... all in one glass.

And to make life easier, there's a printable PDF of this recipe at the end of the recipe page-perfect for your fridge or to share with friends.

Important Note: If you have hypothyroidism, please avoid this smoothie. Kale contains goitrogens, natural compounds that can suppress thyroid function by interfering with iodine uptake.

Here's to nourishing your body while eating (and drinking) like royalty.