

## Dr. Susanne Recommends:

### Morning Turbo Charge Shake

This is a shake recipe that I have been having a lot of success with and wanted to share with you. I call it my "Morning Turbo Charge Shake" because it gets me going and sets my metabolism off right in the morning.

List of Ingredients:

- 1 Scoop Uber Green Shake or Omega Greens
- 1 Heaping tsp Acai Berry Powder
- 1 Heaping tablespoon Sprouted Chai Seed Powder
- 1 Heaping tablespoon Brown Rice Bran and Germ Powder
- 10 - 12 ounces of water
- ¼ Teaspoon Cinnamon



I mix mine up in my Magic Bullet and viola! I have an amazing energy boosting breakfast.

I take it twice a day. First thing in the morning and late afternoon between 2-3pm for a second energy boost.

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