



Mineral Balance Drink

**Nutritious and satisfying drink which
alkalinizes the blood**

6 prunes
6 figs
handful of raisins
3 bananas
8 oz. plain yogurt
2-3 ice cubes or frozen fruit (such as strawberries)

Soak prunes, figs, and raisins in water overnight (use enough water to cover the fruit). In the morning, blend the mixture (including the water) with bananas, yogurt and ice cubes or frozen fruit. Divide the mixture into 3 equal parts and drink throughout the day.

If cold hands and feet are a problem for you, add 10 -15 saffron threads to the dried fruit to soak overnight. To make the drink a complete meal (great for breakfast!), add a handful of almonds before blending.

www.annenovakyoga.com