



Cleansing Drink

Stimulates the metabolism, cleanses the colon and works on the thyroid, pituitary and pineal glands

12 almonds (without the skins)
6 prunes, pitted

Soak almonds and prunes together overnight in 8 oz. of water. In the morning, blend until liquefied as completely as possible. Enjoy as a morning drink which is high in iron and nitrogen.

www.annenovakyoga.com