

THE MIRACLE MORNING DAILY ENERGY SMOOTHIE

Drink this smoothie every day to take your **HEALTH & ENERGY to the next level!**

It has been proven that eating a diet rich in LIVING FOODS, such as fresh fruits and vegetables will greatly increase your ENERGY LEVELS, improve your MENTAL FOCUS & CLARITY, keep you HEALTHY and protect you from disease, while enhancing your quality of life in just about every way imaginable. Remember the old saying, "YOU ARE WHAT YOU EAT" and take care of your body so that your body will take care of you! Make a commitment TODAY to make this life-changing smoothie a part of your daily routine, and you will begin to feel VIBRANT ENERGY immediately!

*Your Friend (and Coach) for
Creating a Miraculous Life...*

"Yo Pal" Hal Elrod

Miraculous Energy [On-the-Go] Version (Blend with Desired Amount of Ice)

- + 1 cup Water, Orange Juice, or Almond/Soy Milk (*Soy recommended for females only)
- + 1 Banana (can be frozen)
- + 1 Handful of Spinach (can be frozen)

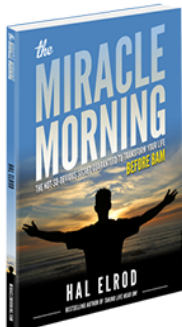
Miraculous Health [FULL] Version (*Add to the above ingredients...)

- + 1 leaf Swiss Chard –or– Kale (Warning: Kale = Strong taste!)
- + 1 Handful of Berries (can be frozen) –or– a Mango

*Most of the ingredients listed above can be found at your local grocery store, and buying "Organic" is highly recommended.

**Nutrition & Health Value Breakdown can be found on the next page.

***You can add or subtract ingredients and still get pretty much the same effect, as well as double the recommended quantities if your blender will accommodate.



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Nutritional & Health Value Breakdown

Soy Milk (recommend for females only) is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Vitamin E (Alpha Tocopherol), Iron, Magnesium, Phosphorus, Copper and Selenium, and a very good source of Vitamin A, Vitamin B12 and Manganese. Soymilk is an important soy food and offers many of the health benefits. Research has shown potential health benefits of soy in preventing breast cancer, preventing and slowing prostate cancer, and fighting heart disease, osteoporosis, diabetes, and kidney disease. Soy foods, including soymilk, are also thought to alleviate symptoms of menopause and to promote eye health. Besides the extra protein and fiber, the biggest benefit in soymilk is the isoflavones. Sounds complex, but basically isoflavones are actually chemicals very similar to the hormone estrogen. Isoflavones are connected to a whole host of health issues; with the most prevent being the prevention of many cancers, heart disease, osteoporosis and more.

Almond Milk (better for Males than Soy) provides calcium, and vitamins D, A, and E. The vitamin E gives us 50 percent of our daily requirement. It has no saturated fat, and its potassium content outweighs its sodium content. Still, those strictly avoiding salt must beware, as it does have 150 mg. per serving in the Vanilla kind, for example. People avoiding sugar should note it also contains 15 grams of sugar, in the form of evaporated cane juice, with 16 grams of carbohydrates overall. (However, the Original type only has 8 grams of carbs.) It is made with filtered water, and has 25 percent fewer calories than the most common soy beverage, as Vanilla Almond Milk weighs in at 90 calories. It is gluten and lactose free, containing no common allergens.

Bananas are very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Potassium and Manganese, and a very good source of Vitamin B6. One cup of banana provides over 1,918mg of 18 essential amino acids. Bananas are a great food for all round health benefits, for the average person, dieter or even athlete's bananas may provide greater benefits than most fruits. The combination of carbohydrates and B vitamins present in a banana helps provide an energy boost, which makes them great to eat 30 minutes before a workout, or even at breakfast to help boost energy at the start of every day.

Spinach is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese. Another super food Spinach has high amounts of 18 of the 20 essential amino acids, which is key to building muscle and optimum health. In fact just one cup of Raw Spinach delivers over 809mg of essential amino acids!

Swiss chard is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Folate and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Beta Carotene and Manganese. It has 10 of the 20 essential amino acids present for humans coded for DNA and 9 different vitamins some of which mentioned above

Kale is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese. Also a many of the 20 basic amino acids for humans coded for DNA including Tryptophan, Threonine, Isoleucine and Lysine.

Mango is a good source of Dietary Fiber and Vitamin B6, and a very good source of Vitamin A and Vitamin C. 100g of edible portion of the mango contain about 1990ug of beta-carotene (vitamin A), which is much higher than in other fruits. The total carotenoids in mango increase with the stage of ripening. Eating mangoes in the season may provide a store of vitamin A in the liver, sufficient to last for the rest of the year and highly beneficial for the prevention of vitamin A deficient.