

# Dr. Tony's Dense Nutrient Drink "DND"



6-8 OZ. RAW WHOLE FAT MILK OR ORGANIC COCONUT MILK  
1 TBSP. RAW ALMOND OR SUNFLOWER BUTTER  
1 OPTIONAL RAW EGG (ORGANIC, FREE-RANGE, NON-GMO FED)  
1 TBSP. GRADE B MAPLE SYRUP, RAW LOCAL HONEY, OR  
ORGANIC COCONUT NECTAR  
1 TBSP. RAW HEMP SEED (RAW, WHOLE, ORGANIC)  
1 SCOOP OF *ENERGY QUIXOTICA GREEN SYNERGY*  
1 ORGANIC BANANA (NOT FOR DIABETICS)  
¼ CUP ORGANIC BLUEBERRIES (WITH OR WITHOUT BANANA)  
1 TBSP. ORGANIC COCONUT BUTTER  
¼ TEASPOON ORGANIC, RAW COCAO POWDER (OPTIONAL FOR  
CHOCOLATE FLAVOR)  
¼ CUP PINEAPPLE (INSTEAD OF BANANA OR BLUEBERRIES)  
  
COMBINE & BLEND ALL INGREDIENTS IN HIGH SPEED BLENDER