

McDougal's Farm LLC

What's Growing On!

Recipes

Breakfast Smoothie

2 c. chunked up watermelon

2 nice ripe peaches (organic w/ the skin)

a big handful of Kale, spinach or lambsquarters (the weed) right from your yard 🍌

Blend well ~ throw in a couple of ice-cubes and blend again.

Optional:

Hemp Seed

Chi Seed

Flax Oil

Bee Pollen (1 t. per day takes the place of a multivitamin!)

vanilla yogurt

berries

Peace and a good smoothie

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