**Cherry Chia Pain Buster Smoothie**

*Adapted from prevention.com and Submitted by Donna of San Antonio, Texas, participant in Rx for Better Breast Health*

**Ingredients:**
- 1 cup fresh or frozen pitted tart cherries
- ½ cup fresh or frozen blueberries (or berry blend)
- ½ cup fresh or frozen pineapple chunks
- ½ cup silken tofu or 1 scoop vegan protein powder
- 1 cup chilled brewed green tea or diluted cherry juice
- ½ inch chunk ginger root or ¼ tsp. powdered ginger
- ½ inch chunk turmeric root or ¼ tsp. powdered turmeric
- 2 tsp. raw honey

**Preparation:**
1. Blend all ingredients until smooth.

*Chef Iverson Brownell Recommends*  
Add 1 tsp. fresh ground cinnamon!

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**Spicy Green Tea**

*Submitted by Rosemary of Helotes, Texas, participant in Rx for Better Breast Health*

**Ingredients:**
- 4 cups water
- 2 green tea bags
- 1-2 lemon slices
- ¼ grapefruit juice
- 1-inch piece turmeric peeled, thinly sliced
- 1-inch piece ginger peeled, thinly sliced
- Honey to taste
- ¼ tsp. cinnamon
- Dash of cloves
- Dash of cayenne

**Preparation:**
1. Combine ingredients.