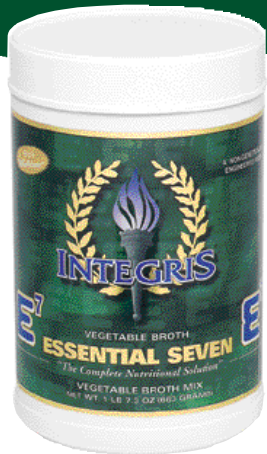


E7™ VEGETABLE BROTH

RECIPE CENTER

(best if mixed in a blender)



VEGGIE SPLASH

1 Serving E7™ Vegetable Broth
16 oz unsalted tomato or vegetable
juice Tabasco to taste / Black Pepper
to Taste
(Serve cool to cold)

CARROT SPLASH

1 Serving E7™ Vegetable Broth
4 oz fresh carrot juice
4 oz apple juice
(Serve cold)

CELERY SPLASH

1 Serving E7™ Vegetable Broth
4 oz fresh celery juice
4 oz apple juice
(Serve cold)

NIGHTTIME COMFORT

1 Serving E7™ Vegetable Broth
8 oz water (Serve warm)
Phyto-Pea Soup
1 Serving E7™ Vegetable Broth
8 oz split pea soup (Serve warm)

GREEN STEW

1 Serving E7™ Vegetable Broth
8 oz warm beef stew (Serve warm)

CREAM OF CELERY

1 Serving E7™ Vegetable Broth
8 oz cream of celery soup (Serve warm)

CREAM OF BROCCOLI

1 Serving E7™ Vegetable Broth
8 oz cream of broccoli soup
(Serve warm)

POTATO HEAD

1 Serving E7™ Vegetable Broth
8 oz potato or cream of potato or pota-
to leak soup
(Serve warm)

APPLE SPLASH

1 Serving E7™ Vegetable Broth
8-12 oz Organic Apple Juice
1-2 ice cubes
(serve cold)



*More vegetable broth
recipes to come!*

Send your favorites recipes to
E7Recipe@integrus.us

