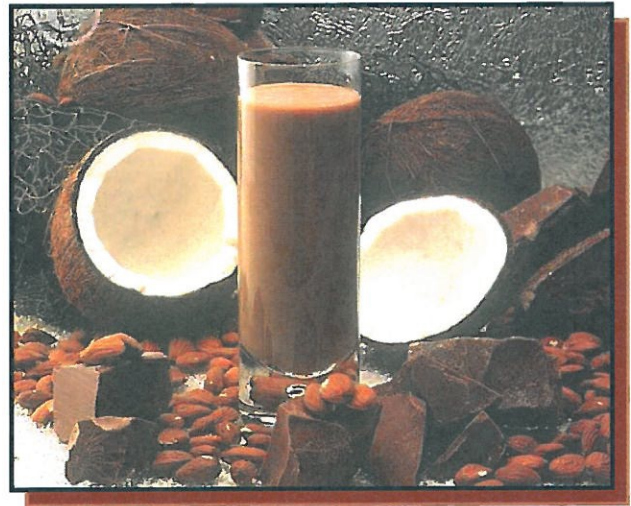


Superfood Power Shake

1 c. coconut milk
1 c. almond milk or other nut milk
1 tsp. raw maca powder
1 Tbs. raw, org. cacao powder
1 ½ Tbs. nut butter (almond, peanut, cashew)
1 tsp. raw agave or raw honey
1 tsp. bee pollen
1 tsp. spirulina (optional)
1 1/2 Tbs. hemp seeds, pea protein or
1 Tbs. other high quality protein powder



Combine and serve.

*Variation: Cacao powder can be substituted with 2 Tbs. dehydrated Acai Berry or Pineapple powder.

*Add 1 tsp. of your favorite fiber powder, if you like a thicker shake and want it to sustain you longer.

*This is a kid-friendly shake; will improve their performance at school.

*A perfect Breakfast Shake, as it is high in protein and will balance your blood sugar to give you better mental focus, as well as energy and stress resistance all day. If done on a regular basis, it will balance the weight.

Mojka Renaud L.N., A.P.