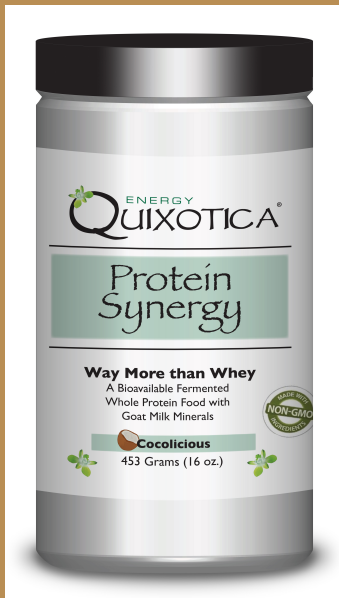


A Bio-Available Protein Synergy Shake



PROTEIN SYNERGY RECIPE – COCONUT OR VANILLA BEAN

(1) PLACE INGREDIENTS IN BLENDER

- 6-8 OZ. RAW MILK OR UNSWEETENED ALMOND MILK
- 2 LEVEL TBSP. OR 1 HEAPING TBSP. PROTEIN SYNERGY
- 1/2 TO 1 WHOLE BANANA (SUBSTITUTE 1/4 BLUEBERRIES)
- 1 TBSP. ORGANIC, RAW ALMOND BUTTER
- 1 TBSP. ORGANIC, RAW COCONUT BUTTER (optional)
- SPRINKLE CINNAMON ON TOP

(2) BLEND AND ENJOY

PROTEIN SYNERGY ALTERNATE RECIPE

(1) PLACE INGREDIENTS IN SHAKER CUP

- 6-8 OZ. WATER
- 2 LEVEL TBSP. OR 1 HEAPING TBSP. PROTEIN SYNERGY

(2) SHAKE AND ENJOY