



PROTEIN SYNERGY DRINK

Recipe courtesy of LISA FIORE

INGREDIENTS:

1. 6 to 8 oz. of raw cow or goat milk, or unsweetened coconut or almond milk
2. 2 level Tbsp. (or one heaping Tbsp.) of Protein Synergy
3. 1 Tbsp. of almond butter
4. 1/2 to 1 whole organic banana to taste
5. 1 Tbsp. of coconut butter (optional)

DIRECTIONS:

Blend all ingredients together and enjoy!