

SHAKE RECIPE



1 scoop Vegalite™

1 scoop MediBulk®

½ -1 cup frozen fruit (we recommend organic berries)

8 ounces liquid - water, unsweetened coconut water or coconut milk

Add ice and blend to desired thickness or more of water & ice to taste and consistency

Optional:

Add 1 tablespoon chia seeds or freshly ground flax seeds.

Replace some or all of the water with unsweetened coconut milk or coconut water
