

Shake Recipe: THE ORDER OF INGREDIENTS

Directions:

Combine

1 Cup of Coconut Milk

1/2 Cup of water

6 ice cubes

½ - 1 Cup Cups of frozen blueberries

Optional: 2 cups of spinach

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of chocolate or vanilla Vegalite protein.

KEEP BLENDING.

AS IT BLENDS... Add the following:

Optional fiber:

1 Tablespoon flaxseeds

1 Tablespoon Chia seeds

If you add the optional fiber ingredients:

Only add 1/2 scoop of medibulk

If you do NOT add the optional fiber ingredients:

Add 1 scoop of medibulk

KEEP BLENDING.

As it thickens, ADD up to another 1/2 Cup of water.