



Chalice for Two

Ingredients:

2 Tbs Vital Scoop
2 Tbs flax or chia seeds
2 Tbs coconut
2 Tbs cashews

1 cup berries
1 whole lime, juiced
2 droppers Power Adapt herbs
1 cup mango or goji
2 cups green tea
1 Tbs maca or cocoa

Procedure:

Combine all ingredients in a blender and blend until smooth. Enjoy with love.

Bauman College offers professional programs for Nutrition Consultant and Natural Chef
Eating 4 Health™ Cooking Classes are now available to the public! More info online.
For more information: (800) 987-7530 — www.BaumanCollege.org