

Recipe Card



Immune Boosting Bevie

Yields: 1 serving

Recipe by *Joyce Moon*

Ingredients:

- 1 ½ cups Nut Milk
- 1 Tablespoon raw Cacao powder
- ½ teaspoon ground Turmeric or ½ - 1" piece of turmeric
- ½ teaspoon ground ginger or ½ - 1" piece of ginger
- ¼ teaspoon ground Cinnamon
- 1/16 - 1/8 teaspoon black pepper
- ¼ teaspoon Maca powder (optional)
- 1 Tablespoon raw Honey

Directions:

1. Warm milk, with fresh ginger and turmeric if using, in small saucepan until just steaming.
2. Place all ingredients in a blender. Blend for 30 – 60 seconds, until smooth.
3. Pour (through a strainer if using fresh ginger and turmeric) into a glass and enjoy!

Nutritional Information for ½ recipe: 370 kcals, 15 grams protein, 11 grams Fiber, 50 grams CHO

Dairy Free, Gluten Free