

PROBIOTIC/PROTEIN BANTING SHAKE

(Courtesy Sally-Ann Creed)

Ingredients:

1 cup organic berries – blueberries are lovely

1 cup full fat coconut milk/raw cow milk

1 heaped spoon of almond butter or other nut butter

1-2 eggs (or just the yolks – in that case add more)

1 tablespoon coconut oil

pinch Himalayan salt

2 probiotic capsules

Method:

Add the berries, coconut milk and almond butter to a blender. Blend on high speed until well combined. While blender is still running, add in the oil and supplements. Lastly add the eggs. Blend eggs only for a few seconds. Pour into glass and drink.