



Shakti Shakes

How to make the Shakti Shake: Tastes good & is good for you

Ingredients: (It's very important that everything is organic)

- 1-2 scoops Weight Loss & Cleanse powder
- 8-10 oz. liquid – which can be any one or combination of:
water, coconut water, coconut milk, unsweetened rice or nut milk.
- 1 heaping tablespoon each:
- Flax seed and Chia seed (please refrigerate in glass jars)
- 1/2 cup of fruit (which can be any one or combination of blueberries, strawberries, raspberries, blackberries, apples, kiwi, papaya, and seasonal summer fruit).

Possible additions:

- 1/4 avocado
- Heaping tablespoon of: molasses; tahini
- Fresh lemon, peeled ginger to taste
- Greens such as spinach, kale, chard, parsley or watercress



Please feel free to adjust the ingredients to suit your taste!