

Dr. Melissa Carr, B.Sc., Dr.TCM

www.activetcm.com

604-783-2846

Everything But The Kitchen Sink Shake

My favourite protein shake recipe:

- 1 scoop of hemp powder protein
- 1 scoop [probiotics](#) powder or opened capsule or ¼ cup of yogurt
- 2-3 tsp of [greens](#) powder
- 1 Tbsp [EFAplex](#) essential fats oil
- 1/2-1 ounce of antioxidant-rich juice (one of my favourites is [goji juice](#))-- optional
- 1 Tbsp organic unsulphured blackstrap molasses (rich in minerals)—optional
- frozen fruit (fresh fruit when seasonally available)
- water

Blend and enjoy!