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| **Super Energy Drink** | | |
| *Large Coffee Mug* |  |  |
| *Hot Water* | *1⅔* | *cups* |
| *Maca* | *1* | *teaspoon* |
| *Cacao* | *2* | *teaspoon* |
| *Honey* | *1½* | *tablespoon* |
| *Spirulina* | *⅛* | *teaspoon* |
| *Marine Phytoplankton* | *1* | *teaspoon* |

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| **Cacao & Maca Drink** | | |
| *Standard Coffee Mug* |  |  |
| *Hot Water* | *1½* | *cups* |
| *Maca* | *1* | *teaspoon* |
| *Cacao* | *2* | *teaspoons* |
| *Honey* | *1½* | *tablespoons* |

Pour two thirds of the hot water over the powders and honey.

Stir rapidly for 30 seconds, then break up any remaining clumps.

Add the rest of the hot water, filling the mug to the top.

Stir slowly for 15 seconds. While drinking, be sure to stir often.

Enjoy!

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| **Tea with a Kick** | | |
| *Standard Coffee Mug* |  |  |
| *Hot Water* | *1½* | *cups* |
| *Your Favorite Tea* |  |  |
| *Honey* | *1½* | *tablespoons* |
| *Spirulina* | *⅛* | *teaspoon* |
| *Marine Phytoplankton* | *1* | *teaspoon* |

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| **Superfood Infused Smoothie** | | |
| *4-Cup Blender* |  |  |
| *Banana* | *1* | *small* |
| *Your Favorite Berries* | *1* | *cup* |
| *Your Favorite Seeds* | *4* | *teaspoons* |
| *Cacao* | *3* | *teaspoons* |
| *Maca* | *2* | *teaspoons* |
| *Honey* | *1½* | *tablespoons* |
| *Spirulina* | *⅛* | *teaspoon* |
| *Marine Phytoplankton* | *1* | *teaspoon* |
| *Aloe Vera* | *⅔* | *cup* |
| *Water* | *⅔* | *cup* |
| *Ice* | *1* | *cup* |

Steep your favorite tea, then add spirulina and marine phytoplankton. Pour honey on top, then stir for 30 seconds. Break up any remaining clumps. Enjoy!

Add banana, berries (e.g. raspberries, blueberries), seeds (e.g. chia, flax, quinoa), and powders into a blender.

Pour in the water and aloe vera, then add ice.

Blend for 20 seconds. Pulse the blender a few times for 5 seconds each time, then blend for another 20 seconds.

Enjoy!

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