

# Tiger's Milk

Adele Davis' original recipe.

## Ingredients

- 1 cup milk
- $\frac{1}{4}$  cup powdered milk
- $\frac{1}{3}$  of a banana
- 1 tablespoon brewer's yeast
- 2 tablespoons wheat germ

## Instructions

1. Blend all ingredients together.
2. Drink immediately.