

Biodetox Shake Recipe By James Williams



This makes 2x 16oz shakes. Drink this while fresh.

- 1 small or medium banana
- 2 teaspoons of flaxseed
- 2 tablespoons of coconut (shredded – not oil or water)
- 1 scoop whey protein powder (i.e. Vanilla flavour)
- 1 scoop Bio Detox powder
- 3 tablespoons organic yogurt (plain)
- 8oz almond / hazelnut milk
- 1 heaped teaspoon of Paleogreens from (Designs For Health)
- 1 palm sized portion of ice.

Initially put blender on chop setting until ice breaks up and then liquefy until mixture is consistently smooth. Adjust the amount of milk to change the thickness. The Paleogreens adds a pleasant, very subtle lime taste to the drink and a lot of antioxidants which help heal and protect the body from the effects of toxins. If you don't have this you can also add one extra scoop of whey powder to make the taste even more yummy!