PRIMAL GUIDE

Banana-Raw Egg Cream

PREP 5 MIN • YIELD 1 SMOOTHIE (12-14 OZ)

INGREDIENTS

- 1 cup raw milk or kefir
- 1 ripe banana
- 2 raw pasture-raised egg yolks
- 1 scoop collagen or beef protein
- 1 tsp maple syrup
- dash of Ceylon cinnamon or vanilla extract (optional)

STEPS

1. Add all ingredients to a blender.
2. Blend until well combined and smooth.
3. Serve immediately.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/banana-raw-egg-cream

Not medical advice. Talk with your doctor about your diet.

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