PRIMAL GUIDE

Raw Milk & Berry Muscle Builder

PREP 5 MIN • YIELD 1 SMOOTHIE (14-16 OZ)

INGREDIENTS

- 1½ cups raw whole milk
- 1 ripe banana, fresh or frozen
- ½ cup blueberries or strawberries, fresh or frozen
- 1-2 raw pasture-raised egg yolks (optional)
- 1 tbsp raw honey
- pinch of sea salt
- 1 scoop grass-fed collagen peptides
- ice cubes (optional)

STEPS

1. Pour the milk into the blender first so the blades move freely, then add the collagen so it doesn't clump.
2. Add the banana, berries, honey and salt.
3. Blend on low for a few seconds, then on high for 30 to 45 seconds, until smooth and creamy.
4. Add the egg yolks, if using, and blend a few seconds more, just until mixed in.
5. Taste. For a thicker, colder smoothie, add a few ice cubes and pulse. To thin it, add a splash more milk.
6. Pour into a large glass and enjoy right away.

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/raw-milk-berry-muscle-builder

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

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