PRIMAL GUIDE

Salted Caramel Smoothie (No Fruit)

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

INGREDIENTS

- 1 cup raw milk
- 1 tbsp raw honey or maple syrup
- 1 scoop beef isolate or collagen
- pinch of mineral-rich salt
- ½ tsp vanilla
- 1 tbsp melted tallow or butter (optional, for caramel richness)

STEPS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
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/salted-caramel-smoothie-no-fruit

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

Print at 100% (Actual size), not Fit to page, on US Letter, then trim to the marks. Card: 4 × 6 in landscape.