



## I-Pad Tom Is Sharing His Superfood Secret

### **Secret Supergreen Daily Drink**

*It only takes 30 seconds a day and contains 23 organic superfoods!*

1-3/4 cups unsweetened almond milk

1-1/4 cups cold water

2 Tablespoons Paleovalley Organic Supergreens

- Place almond milk and water in Vitamix or other blender container.
- Spoon 2 Tablespoons Paleovalley Supergreens into container on top of almond milk mixture.
- Mix for 1 minute on Vitamix #8 setting until well combined.
- Pour into 2 Serving container.

Yield: 2 Servings.

**Cook's Note:** Other unsweetened milk can be substituted for the almond milk.

**About the Recipe:** Each of the 23 organic superfoods provides their own unique benefit for boundless, natural energy so I can keep up with Goodtaste. It supplies valuable vitamins, minerals, antioxidants, and enzymes. There are no fillers or indigestible ingredients. Now I know what made Superman super!