

AFTER WORKOUT PUNCH

Add to your blender:

2 1/2 frozen ripe bananas

1 1/2 tbs of wheat germ

2 tbs of Frshly ground ginger

1/2 cup of Soy Milk

1 cup of alkaline water

1 tbs of black strap molasses

2 tbs of peanut butter

1/2 cup of maple syrup

BLEND THE INGREDIENTS

Add 2 tbs of moringa powder (or your favourite protein powder)

Finally add about 4-6 cubes of ice

This is an amazing drink, you wont want to stop drinking it.

Feel free to add any spice, etc to your liking.

Remember: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. ***1***

Corinthians 10:31