

# 60 Days to Reclaim YOUR Health

## BARLEYMAX BASIC RECIPE

### Ingredients

1 tsp BarleyMax or more (to taste)  
4 oz. water or juice

### Optional

- \* if you like a sweeter drink try mixing BarleyMax with apple juice
- \* if you like something with a little zing, try mixing BarleyMax with orange or grapefruit juice
- \* if your carrot juice tastes a little too sweet, try adding your BarleyMax to temper the sweetness

### Directions

1. Add BarleyMax to liquid.
2. Stir briskly, shake, or blend.
3. Toast to the journey to reclaim your health.

**TIP:** If you blend BarleyMax in a blender, use the “pulse” button for just one second, then let it sit for about 5 minutes to allow the juice to separate from the foam. While it sits, the foam will stick to the sides of the blender container, so there is no foam when you pour out the juice.

Although you may not think about BarleyMax as food, that is exactly what it is, LIVING FOOD—and there are many ways to prepare it. Once you're used to the flavor, you may want to try taking it dry on a spoon as many people choose to do. You can also mix it into smoothies, blended salads, and other recipes. But the best way is to take it is on an empty stomach, by itself, or with some water or fiber-less fruit or vegetable juice.

Find out what's so special about BarleyMax, available as a [video](#) or a [pdf](#)!