



60 Days to Reclaim YOUR Health

BARLEYMAX SHAKE

Ingredients

- 2 frozen bananas
- 1 tsp BarleyMax
- 1 small handful of parsley, stems and leaves
- 1 cup room temperature water

Directions

1. Blend all ingredients in a blender and enjoy!

Serves 1 large or 2 medium shakes

There's more than one way to take BarleyMax! Try different combinations of this shake to create a personalized health booster.