

ORGANIC PLANT-BASED PROTEIN SHAKE

Elevate your nutrition effortlessly with our organic plant-based protein shake. Sip your way to vitality and power up your day with convenience and flavor.



HEALTH QUEST 365

As a busy bee, you know how difficult it can be to whip up something that can give your body the nutrients it needs. Endless tasks and responsibilities could easily prevent you from preparing a dish or a drink.

But none of that anymore with this quick, easy, and nutrient-dense organic plant-based protein shake!

ACTIVITY SHEET

The Health Quest 365 Activity on Organic Plant-Based Protein Shake

Ingredients:

- 1 cup of organic kale
- 1 cup of lettuce
- 1 cup of spinach
- 1 cup of Swiss chard
- 1 cup of broccoli
- 1 cup of wheatgrass
- 1 cup of barley grass
- 2 tablespoons of organic spirulina
- 2 tablespoons of organic chlorella
- 1 scoop of Organic Greens 365

Directions:

1. Wash the greens thoroughly and dry them.
2. Dehydrate the greens at 110 degrees F or below for about three hours until they are completely dry and crispy.

3. Blend the dehydrated greens until they are finely powdered.
4. Store the powder in an airtight container.
5. Add a scoop of the powder to your favorite smoothie or food, and enjoy the nutrient-packed goodness!

Ingredient substitutions and suggestions:

- Add organic milk thistle seed, organic turmeric, or organic elderberry for additional nutrients.
- Use honey as a sweetener to add more flavor to your food or drink.

Storage tips:

- Store the organic super greens powder in an airtight container like a mason jar.
- Keep the container in a cool and dry place away from direct sunlight.

Benefits:

- Promotes healthy digestion by prompting digestive enzymes
- Boosts energy levels and supports immune system
- Easy to incorporate in meals such as salads, soups, smoothies and drinks.



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