

# SUPER SHOTS

Recipe Makes Approx. 6 shots

## ANTI-INFLAMMATION

6 oz	Unsweetened Vanilla Almond Milk
2 lg coins or ½ scp	Freeze-Dried Banana (or 1" Fresh Banana)
1 tsp	Turmeric
½ tsp	Cinnamon
⅛ tsp	Ginger
⅛ tsp	Cardamom
10 oz	Ice

1. Add ingredients, add ice, double blend.
  2. Pour into 2 oz sample cups. Cover & refrigerate.
- Note: recipe makes approximately 6 shots.

## DETOX

6 oz	Pineapple Purée/Water Mix
2 lg coins or ½ scp	Freeze-Dried Banana (or 1" Fresh Banana)
¼ scp	Freeze-Dried Spinach
¼ scp	Freeze-Dried Kale
1 scp	Organic Super Greens
2-3 drops	Lemon Extract
10 oz	Ice

1. Add ingredients, add ice, double blend.
  2. Pour into 2 oz sample cups. Cover & refrigerate.
- Note: recipe makes approximately 6 shots.

## ENERGY

6 oz	Mango Purée/Water Mix
2 lg coins or ½ scp	Freeze-Dried Banana (or 1" Fresh Banana)
¼ scp	Dried Sweet Potato
1 scp	Get Energized
2-3 drops	Orange Extract
10 oz	Ice

1. Add ingredients, add ice, double blend.
  2. Pour into 2 oz sample cups. Cover & refrigerate.
- Note: recipe makes approximately 6 shots.

## DIRECTIONS:

1. Measure
2. Add 10 oz. Ice
3. Double Blend
4. Store in 12 oz.  
Cup in Refrigerator
5. Shake & Pour Each  
Shot as Needed

# SUPER SHOTS

Recipe Makes Approx. 6 shots

## Nutrition Facts

servings per container

**Serving size** 2 fl. oz. (59 ml)  
(27g)

Amount per serving

**Calories** 5

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 0mg 0%

Potassium 29mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Facts

servings per container

**Serving size** 2 fl. oz. (59 ml)  
(29g)

Amount per serving

**Calories** 20

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 5g 2%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 8mg 0%

Iron 0mg 0%

Potassium 54mg 2%

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Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 39mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## ANTI- INFLAMMATION

## DETOX

## ENERGY