

IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You



Making Colostrum Delicious

RECIPE

8 OZ. OF ICE OR 6 OZ WATER
2 OZ TAZO [or OTHER ORGANIC] CHAI TEA LIQUID
2 SCOOPS TERA'S WHEY BOURBON VANILLA
2 SCOOPS or more COLOSTRUM

Mix ice &/ or water, Chai Tea, Colostrum until
Smooth, add Tera's Whey and just do a short
blending. It tastes like homemade vanilla ice cream. Thanks to Michelle B.

[Note: A Magic blender is the exact size for making one serving.]
Any other desired herbs may be added at will.

Additional Recipes:

#1: Use 3 egg whites, 4 prunes, Colostrum (up to 5 scoops), Vanilla and Cinnamon to taste. (I put quite a bit in)
Blend & drink or scoop out with a spoon. It makes a thick, almost pudding-like mix, and was delicious.
(Reminiscent of cookie dough flavor as does the banana one below)

#2: Use 2 egg whites, 1 banana, Colostrum, Vanilla and Cinnamon to taste. Blend and Drink

#3 Use 4-6oz spiced apple cider, crushed ice, 1-4 scoops colostrum and 2 scoops Tera's Whey vanilla protein. It was really good kind of like an apple pie and cream.