

IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You



Make Taking Colostrum Delicious

RECIPE

8 OZ. OF ICE OR 6 OZ WATER

2 OZ TAZO CHAI TEA LIQUID

2 SCOOPS TERA'S WHEY BOURBON VANILLA

2 SCOOPS or more COLOSTRUM

**Mix ice &/ or water, Tazo, Colostrum until
Smooth, add Tera's Whey and just do a short
Blend, just a couple of pushes on the mix button.**

Note: A Magic blender is the exact size for making one serving.