



FEEL GOOD FITNESS ·

WABI-SABI

well

WINTER SMOOTHIE RECIPE

Chaquito
WSW's new home brew and winter warming favour-

WHAT YOU NEED

1 CUP OF RICE MILK (HOMEMADE) OR ALMOND MILK
1 CUP WATER
1-2 CHAI TEA BAGS (I LIKE HARI HARI)
1 HEAPED SPOONFULS OF MACCA
1 HEAPED SPOONFULS OF Ā MESQUITE
THUMB SIZE GRATED GINGER
SPRINKLE OF CINAMON
STEVIA (SWEETEN TO TASTE)

WHAT YOU NEED TO DO

PUT WATER AND CHAI IN SAUCEPAN.
BRING TO BOIL.
ADD REMAINING INGREDIENTS.
HEAT UNTIL INGREDIENTS MELT TOGETHER.
DRINK WHILE WARM FOR OPTIMAL DIGESTION