

Little Italy

Your Daily BioBasics – Italian Style

INGREDIENTS

- 1 Level Scoop (13.2 g) Daily BioBasics
- 4 – 6 oz (120 to 180 ml) Tomato Juice
- 4 – 6 oz (120 to 180 ml) Buttermilk
- 1 – 2 oz (30 to 60 ml) Artichoke Juice
- 1 Tsp Olive Oil
- 1 Tsp Balsamic Vinegar

DIRECTIONS

Mix together in shaker cup or blender. Top off with freshly ground garlic or pepper.



Kornelia and Christian Witecy