



JUICE 6 - SLOW FLOW

1/4 almonds
400 ml water
4-5 dates
1/2 teaspoon cinnamon
pinch cardamon
1/2 teaspoon maca (optional)
pinch pink salt

(you can use almond milk instead of almonds/water)

Maca is a mood boosting super food, great for lifting you up if you're feeling a little flat!

BLEND all ingredients together!