

The FIX Recipe

Choco/Coco Pudding



OPTION 1

- 3 TBS Shredded Coconut
- 1 TBS Raw Cocoa
- 1/16th TSP Raw Stevia
- Organic Hemp or Coconut milk

To stimulate and support the microbiome* especially to be used for Candida clients add:

- 1 TBS Green Banana powder
- 1 Scoop Orthobiotic powder
- 1 TSP DE

OPTION 2

- 4 TBS Shredded Coconut
- 1 Scoop Chocolate Core support
- 1 TBS Green Banana powder
- 1 Scoop Orthobiotic powder
- ¼ cup + 2 TBS Organic Hemp or Coconut milk
- 1 TSP DE

*Add raw stevia to taste if desired.