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* **OCEAN BREATH –**

Compliments of The Holistic Garden

Serves 3

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**This dish is made with a new ingredient I recently discovered called SEA MOSS.**

**Considered a Super Food, this algae contains 92 of the 102 minerals the human body needs daily, among a huge list of other health benefits.**

**SEA MOSS can be transformed into a variety of mediums that is adaptable to a wide range of culinary dishes for day to day cooking.**

**OCEAN BREATH is a Nutritional Protein Drink I developed a few weeks ago using SEA MOSS GEL.**

**It goes something like this!**

**EQUIPMENT LIST**

Blender

Rubber spatula

**INGREDIENT LIST**

1 can Coconut Milk…full fat(not cream)

1 packet TLS Vanilla Whey Protein Powder

1 tablespoon Frontier Organic Matcha Green Tea Powder

3 tablespoons of The Holistic Garden’s **SEA MOSS GEL – NEW**

Sweeten to taste with your favorite sweetener – NO ARTIFICIAL PLEASE

**Everything is tossed into a blender along with about a cup of ice.**

**Blend till smooth.**