

BABOY Recipe:

Whole milk A2 yogurt and A2 Kefir

Organic strawberries, raspberries, blueberries, and blackberries

[Moorland Apiaries Honey in the Rough](#)

100% pure, organic maple syrup

[Organic cacao powder](#)

Simple Foods collagen powder

[BiOptimizers' Mushroom Breakthrough](#) (code "CapO" for a discount)

[Stampede Network Creatine](#)

Alter Eco Granola

(optional: flaxseeds & hemp seeds)

I don't measure anything. I honestly go by what looks like a good amount to me

Feel free to play around with the measurements of each ingredient, to find what you like most