

BAGORM Recipe:

Regenerative, raw A2 milk

Local honey

100% pure, organic maple syrup

[Organic cacao powder](#)

Simple Foods collagen powder

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

[Stampede Network Creatine](#)

(optional: flaxseeds)

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