



blue-green algae lemonade



boosts nutrients and relieves hangovers

Give your body the incredible benefits of one of the original sources of life on Earth. Blue-green algae is rich in protein beta-carotene, and other vital nutrients your body needs to repair and restore itself. There are various types of algae powders—choose chlorella if your body runs cold, and spirulina if your body runs hot.

Take this as your last drink of the night, or as a “hair of the dog” treatment in the morning, to fuel your body’s natural detoxification process.

Health tip: Not recommended during pregnancy.

makes 1½ cups ||| takes 5 minutes ||| lasts 1 day in the refrigerator

ingredients

- ||| 1 cup water
- ||| juice of ½ lemon
- ||| 1 teaspoon apple cider vinegar
- ||| 2 teaspoons maple syrup, plus more to taste
- ||| ¼ to ½ teaspoon blue-green algae powder
(chlorella or spirulina)
- ||| ½ cup ice, for serving
- ||| sprigs of mint or basil, for garnish

special tools

- ||| blender

1. In a blender, combine the water, lemon juice, vinegar, maple syrup, and blue-green algae powder, and blend on high for 1 minute.
2. To serve, pour over ice and garnish with lots of mint or basil.

note: Some algae can have a slight scent, so I like to be generous with the garnishes that will provide a fresh, herbal aroma.

blue-green algae the beginnings of life

Blue-green algae existed before any other plant life. This superfood comes in different forms, including chlorella (a plant) and spirulina (a bacteria). Consumed as a food and a medicine, it is packed with over 65 vitamins, minerals, and enzymes that are easily absorbed by our bodies, making it the perfect source of vitality. There are many wellness benefits to taking blue-green algae, including protection against free radicals, support from bioactives like plant sterols, and the prevention of metabolic and inflammatory diseases.

