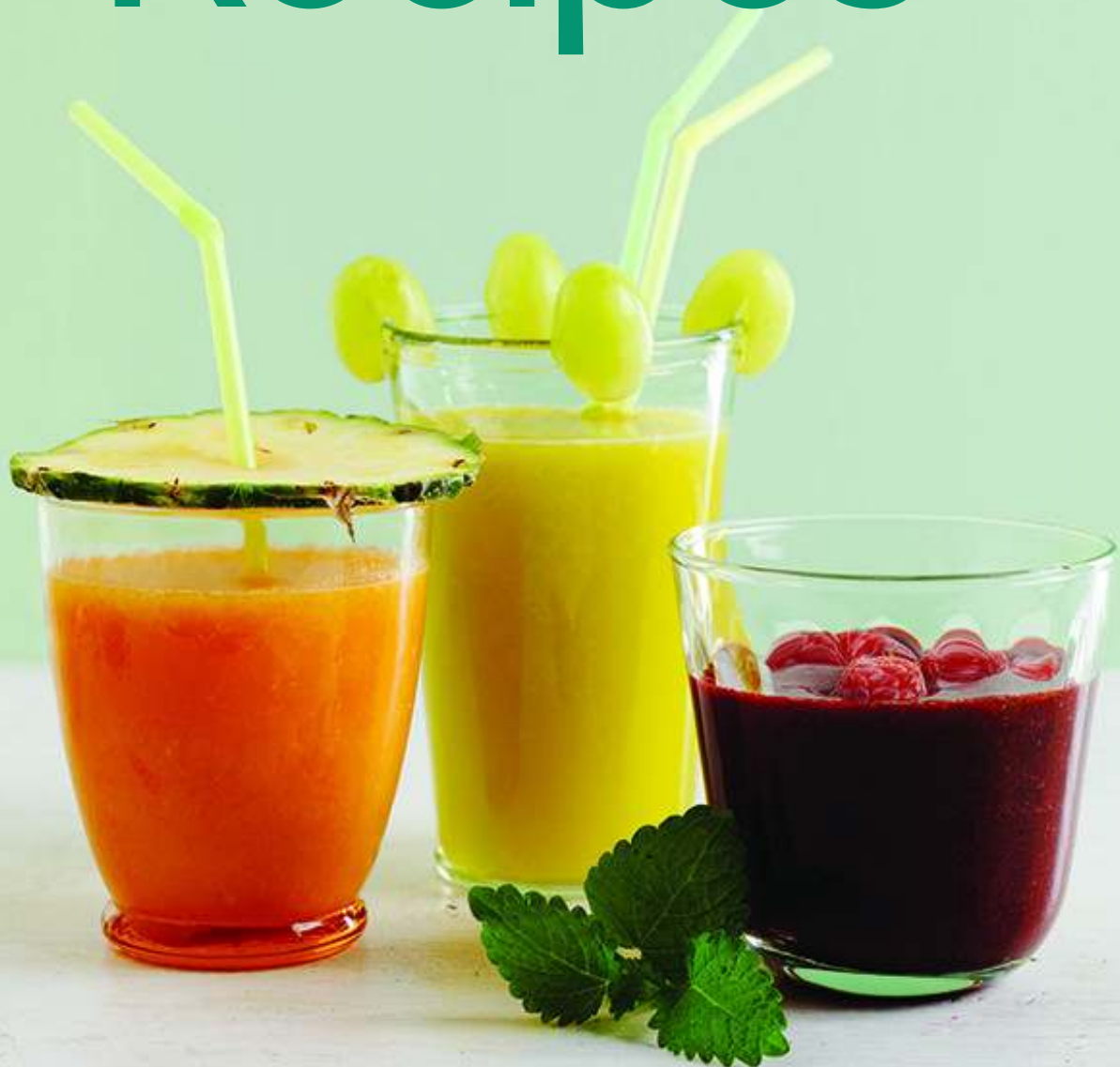


Seamoss Recipes



Naked Nourishment

Irish Seamoss Drink

(Serves 2)

1c coconut milk

¼ cup coconut nectar or raw honey

⅛ tsp nutmeg

⅛ tsp cinnamon

1 tsp Vanilla

¼ cup Seamoss Gel

Place all ingredients in the blender, then blend well and enjoy!

The Breakfast OJ

(Serves 2)

½ C seamoss gel

2 Honey Crisp Apples

1 large lime

2 small oranges

Handful of ice (optional)

Place all ingredients in the blender, then blend well and enjoy!

Carrot Ginger Tumeric Drink

(Serves 2)

1 cup Carrot juice

1 Banana

1 c Frozen Pineapples

½ tsp fresh Ginger

¼ tsp Tumeric

1 lime

1 C coconut water

½ c seamoss gel

Place all ingredients in the blender, then blend well and enjoy!

Chocolate Raspberry Seamoss Smoothie

(Serves 2)

½ Avocado

1 small cucumber

1.5 cup Frozen Raspberries

1tbsp Ground Flaxseed

2 tbsp Raw Cacao Powder

¼ c Sea Moss Gel

1.5 c coconut milk

3 seeded and pitted Dates

Ice if needed

Place all ingredients in the blender, then blend well and of course enjoy !!

Fun facts:

Flax seeds contain a group of nutrients called lignans, which have powerful antioxidant and estrogen properties. They may help in preventing breast and prostate cancer, as well as other types of cancer.

Cacao Powder is packed with flavonoids and fiber.

Flavonoids help your body to function more efficiently while protecting it against everyday toxins and stressors. Flavonoids are also powerful antioxidant agents!

Seamoss Banana Smoothie

2 bananas frozen

2 pitted dates

¼ c hemp seeds

¼ cup seamoss Gel

¾ cinnamon

¼ nutmeg

1 tsp vanilla

2 pinches of Cardamom

1 tsp Fresh Cracked Pepper

1 C coconut water

6-8 ice cubes

Pinch of Sea Salt

Place all ingredients in the blender, then blend well and enjoy!!

Fun Facts :

Hemp Seeds are a complete source of protein, meaning that they provide all nine essential amino acids. Amino acids are the building blocks for all proteins. The body cannot produce nine of these acids, so a person must absorb them through the diet.

Nak8d Nourishment

Nak8d Nourishment is dedicated to providing our clients with the absolute highest quality of raw Sea Moss and other Nak8d products to nourish, restore and heal the body with God given ingredients.

