

*Adrenal Cocktail aka "Orange Creamsicle" - Is a magical elixir that supports hormone balance, HPA axis health, and blood sugar regulation.*

## **Ingredients**

- 4-6 oz freshly squeezed orange juice or juice of choice
- 2 Tbsp coconut milk or cream
- 1 scoop of collagen
- Generous pinch of sea salt

## **Directions**

1. Mix all ingredients in a glass or blender and enjoy!

## **Notes**

- You can make this into a latte by simply steaming the coconut milk/cream in a milk frother and pouring it into the glass with the other ingredients. Stir to combine and enjoy!