

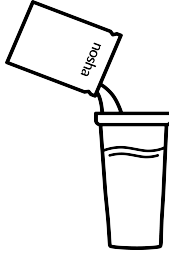
nosha

Making Your Nosha

The simplest way to make Nosha is to use the included shaker bottle:



Fill w/19 oz. of Liquid



Add Nosha



Shake Up & Down

Always fill the shaker with liquid first, and then add Nosha. The fill line on your bottle is at 16 ounces (our mistake). We suggest you experiment with your own preferred fill line, then mark it on the bottle with a Sharpie.

Enhance the Flavor (Recommended)

Apple Cinnamon – Shake with 5 oz. of apple juice and 14 oz. of water to bring out its sweet apple flavor.

Banana Cacao – Shake with 5 oz. of flavored almond milk and 14 oz. of water to bring out the rich, chocolate flavor.

If you're looking for the taste of greens, try shaking Nosha with just water.

Blend It Your Way

Use a blender to make Nosha taste any way you like, while still enjoying the health benefits. Here are some of our favorite recipes:

Apple Cinnamon – Blend half a pouch with 12 oz. of water and a cup of frozen strawberries.

Banana Cacao – Blend half a pouch with 12 oz. of coconut almond milk, a banana, and a tablespoon of nut butter (if desired).

To share other recipe ideas, find us on Instagram or Facebook @noshapower.