

Protein (Breakfast) Shake

This is a great way to energize the whole family! Start the day off right with a good balance of protein, carbs, and essential fatty acids.

Ingredients

Pumpkin seeds
Flax seeds
1 cup yogurt – soy yogurt also works well
1 banana
1/2 cup blueberries, raspberries or strawberries
Protein powder – whey or soy based 1-2 scoops (60 grams)
1 tbsp Essential Fatty Acids (Udo's Choice)
1 tsp Glutamine
1 tsp Greens Powder (Greens + or Green Alive)
12 ounces of Water, Skim milk, Juice or Soy milk

Method

Ahead of time, place all various seeds into a large Ziplock bag and mix well. Store in freezer in their WHOLE form.

When ready to make a shake, take ¼ cup of the seed mixture from the freezer and place in a blender or coffee grinder. Blend until of a powdery consistency. Add all other ingredients to the blender, except for the essential fatty acids. Blend well. As a final step only, add the oil and mix gently with either a spoon or blend only briefly in the blender. The oil damages easily, and therefore should not be blended or mixed excessively.

Drink immediately.

NOTE: Avoid any product that may aggravate sensitive or allergic individuals.