

IMMUNE SUPPORT BREAKFAST

This is intended to be used to strengthen the immune system, and is not designed to be hypoallergenic. Modify it as needed for your personal dietary needs.

Preparing:

<u>Ingredient</u>	<u>Amount</u>	<u>Reason</u>
<i>This portion should be mixed and kept in the refrigerator.</i>		
Rolled Grains	4 Cups	Whole grains
Oat Bran(Mother's)	2 Cups	Balance cholesterol
Dried Fruit	1/2 Cup	Flavor
Sunflower Seeds (can be ground) *	1 Cup	Protein source
Raw, unsalted Nuts *	1 Cup	Protein source
Lecithin Granules	1 Cup	To emulsify fats

These ingredients should be ground and kept in the freezer so that they do not go rancid. A coffee grinder works best. You should add 1 tablespoon to a normal size bowl.

Flax seeds	1 Cup	Omega 3 oils
Silybrum Marianum Seeds (Milk thistle)	1 Cup	Protect the liver

** Be sure that pumpkin and sunflower seeds and all nuts are raw, not roasted or baked.*

Serving:

Soak for at least 30 minutes; you can use milk, soymilk, rice dream, nutmilk, juice or water. To increase protein content, eat with some yogurt or stir in some tofu.

To add flavor use cinnamon, cardamom, nutmeg, or powdered ginger.



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