



rootmatters

Recipe

Whole Food Protein Shake

A quick meal in 5 minutes!



SERVINGS: 2
PREP TIME: 5 mins

METHOD

1. Place all the ingredients into a blender, and blast for 30 - 40 seconds.
2. Serve with some sprinkled chopped nuts on top.

INFO

*Good replacement for breakfast or as an afternoon pick me up. *Good post workout nutrition.

*Best to use organic produce.

*Use organic blueberries if wild ones are unavailable.

Nutritional Benefits:

-Wild Blueberries – More phytonutrients and antioxidants, and less sugar than normal ones

-Hemp Seeds – protein, fibre, omega 3 fats

-Chia Seeds – super food from south America protein, omega 3 fats and fibre. When soaked can turn into a thick gel, which creates a good consistency for the shake, and also liberates the nutrients

-Walnuts – Omega 3 fats, Alpha-linolenic Acid

-Brazil Nuts – Selenium (detoxify from Mercury) and helps thyroid

-Pumpkin Seeds – Zinc, Good fats, Fiber, Protein

-Coconut Fat or Oil– Medium Chain Triglyceride is a superfood for the brain, a powerful fuel for the mitochondria to produce energy to burn calories. It has Lauric Acid which is in breast milk – serves as a powerful immune booster and is anti-fungal

-Almond Butter – Omega 3 fats, high in monounsaturated fats, helps lower risk for heart disease and lowers LDL Cholesterol

-Banana – excellent source of potassium, B6, Fiber and Carbohydrate, with some Vitamin C

-Spinach – good source of Vitamin A, C, K1, Folic Acid, Iron, Calcium

INGREDIENTS

- 1 cup Wild Blueberries
- 2 tbsp Hemp Seeds
- 2 tbsp Chia seeds (raw or soaked overnight)
- 4 Walnuts
- 3 Brazil Nuts
- 2 tbsp Pumpkin Seeds
- 1 tbsp Coconut Fat or Oil (Medium Chain Triglycerides MCT)
- 2 tbsp Almond Butter
- 1 Banana (optional)
- Handful Baby Spinach
- 1 cup Filtered Water
- ½ cup Almond Milk (or other rich plant milks)

*This recipe was inspired by Dr. Mark Hyman on: <https://drhyman.com/blog/2013/05/11/in-the-kitchen-with-dr-hyman-whole-food-protein-shake/>

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