

Ways to increase Raw Food in your diet

Raw Almond Crunch

Great Breakfast alternative, ideal for traveling.

- ¼ cup organic Buckwheat Groats
- ¼ cup organic sunflower seeds
- ¼ cup organic pumpkin seeds (optional)
- ½ cup organic (if possible) almonds

Place ingredients in a jar and fill with twice as much water as seeds and grains. Let soak overnight.

Next day drain and rinse. Take ½ cup for today's use and put the rest in the refrigerator (no water). The next day for further use, take from the refrigerator and re-rinse before using. It's generally best not to make more than a couple of day's worth.

To eat, put about ½ cup in a bowl, add fresh or dried fruit. Add hot water if hot cereal is desired. To eat cold, use almond milk, coconut milk, rice milk, kefir, yogurt, organic raw cow's milk as desired. If a sweetener is desired, use honey, stevia, raw maple syrup.

The goal is to soak and sprout the mixture so the almond crunch can be saved for days as it will continue to sprout. Be sure to rinse and drain every day. Be creative using grains, seeds and nuts to your taste. Most important is to just enjoy the process.

When traveling bring dry seed mixture, wash out the coffee pot and soak overnight, it's a great way to have a predictable breakfast every time.

Frizzbees

Another interesting breakfast combo comes from Dan Duffy DC. It's not a raw food breakfast but is still a nice alternative.

Grind:

- 1/3 cup buckwheat groats
- 1/3 cup Millet
- 1/3 cup flax seed

Add water and cook in a skillet like a pancake. He calls them frizzbees and eats them both hot and cold.

Other Breakfast Alternatives

The following recipes can be used to start the detox process and provide healthy alternatives for the standard American breakfast. One of the ways people have used the **Optimal-EFAs LIQUID** or the Biotics **NitroGreens** is to add them to one of the whey protein smoothies. Grinding flax seeds is also helpful to make the drink creamy, adds fiber and reduces NF-kappa B (inflammation) via Flax seed oil, omega 3. Be liberal with the berries as they are loaded with natural antioxidants and flavanoids.

On the Run Mini-Detox Drink

1 scoop	NitroGreens
2 scoops	NutriClear
1 tblsp	Mixed EFAs (optional) has antiviral properties, stabilizes blood sugar, cell membrane support and is virtually tasteless.
6-8 oz	water

Ice to preference, shake in a shaker cup and drink

Power Oatmeal

1 cup	steel cut oats or other long cooking whole grain cereal
After cooking add:	
1/4 cup	blueberries
2 scoops	whey protein
Top with:	
1 tblsp.	raw chopped nuts

Berry Compote

Warm up:	
1 cup	frozen berries
Top with:	
2 scoops	whey protein
1 tblsp	raw chopped nuts

Yogurt Enhancer

1/4 cup	raw almonds
1/3 cup	berries
1/4 cup	organic granola
2 scoops	whey protein
1/2 cup	organic flavored or non flavored yogurt

Whey Protein Smoothies

Per (2) scoops

Pina Colada Blend *by Lorraine Denoncourt*

1/3 cup pineapple in natural juices or freshly cut
1/4 cup coconut milk (Coconut milk is high in Medium Chain triglycerides and
immune modulating oils)
1 banana
1/2 cup water
2 scoops Whey Protein Isolate (filtered to remove casein)

Add ice and blend

* Option add 1 tblsp of Mixed EFAs - promotes cell membrane health and has natural antiviral components and will naturally decrease glycemic index.

Chocolate Almond Milk Smiler

Almond milk does have some natural sugars but if used in small amounts, this one can be great on the run or at work as a mini-meal, *by Daniel Bennings*

6 oz purified water
2-4 oz chocolate flavored almond milk
2 scoops NutraClear
1-2 scoops Whey Protein Isolate or Rice Protein (optional if you need more protein)
1 scoop NitroGreens
1-2 Tblsp oil of your choice
 Mixed EFAs (no taste, antiviral properties)
 Optimal EFAs (slight fish taste, cell membrane, gut healer)
Ice as desired

Drink recipes can substitute rice for whey protein or vice versa. The rice is a little gritty and tends to sink to the bottom of the blender. Using things like bananas or coconut milk as a form of natural emulsifier will reduce this dramatically. Be creative and try different things like organic apples with the skin for the pectin. Biotics rice protein is the highest quality rice protein on the market but the grit factor can make it difficult for some people. My preference is always the isolated whey protein, which is filtered to remove the casein. The whey tastes better and has additional immune and gut healing benefits. Lecithin may be added to any of the above to make a creamier shake especially if it will not be drank right away as it prevents separation of ingredients.

Berry Blend

1/3 cup blueberries fresh or frozen
1/3 cup raspberries/strawberries fresh or frozen
1 banana
1/4 cup pineapple
1/2 cup water
2 scoops whey protein

Add Ice and blend

Carnitine Lemonade Energy Drink – 1 Pitcher (8 cups)

4 Tblsp carnitine powder
Xylitol or stevia sweeten to desired taste
sliced lemon wedges
Aqueous-Multi-Plus 2-4 Tbsp. can be added for additional minerals and taste during summer workouts

Add Ice and blend

Gamactapro drink: *by Dr. Michelle Pouliot for Hormonal Issues*

8 oz. Organic Vanilla Soy Milk
1 Tblsp Organic Pure Almond Extract
1-2 Tblsp ground flaxseed
2 Tblsp Gamactapro

Mix in blender with ice and serve.