

DRY INGREDIENTS

2 Tablespoons of quantum whey or 3 Tablespoons of pro rice
1 Tablespoon of Tocotriene Complex
1 Tablespoon of lecithin
1 teaspoon to 1 Tablespoon of Pure Synergy
1 Tablespoon of xylitol or small amount of slim sweet (to taste)

FOR PROTEIN DRINK

In a blender add dry ingredients

1 Tablespoon of your best oil (extra virgin coconut oil is delicious)
enough water to create the consistency that you want
2 cups of either strawberries, or raspberries (frozen makes it like a sorbet or shake)
2 extra tablespoons of Xylitol.

Enough water to cover the fruit. (The amount of water changes the consistency so choose more or less depending on how much like ice cream you want it to be.)

Options could include pineapple, frozen banana with almond, cashew or peanut butter, to this you could add carob powder. Lime with yogurt or kefir. (remember to watch your glycemic index...and stay a way from fruit juices) These options are higher in calories for those not concerned with losing weight

FOR PROTEIN BARS

In a bowl combine dry ingredients,

Enough almond butter, cashew butter, sesame butter or peanut butter to moisten the dry ingredients and make a bar or ball that works for you.

Optional ingredients. Instead of nut butters you could add fresh lime or lemon juice and add coconut and make a lemon coconut bar, you can add carob or cocoa to the basic recipe. You could add a small amount of golgi berries. You could add different nuts and seeds or seed butters like sunflower, or pumpkin seed butter etc. Be creative it's fun. Recently raw organic chocolate nibs came on the market. You could grind some of these with your food mill and add them to the bar. Yum

PROTEIN PUDDING

Place dry ingredients in a bowl and add 2 or more Tablespoons of freeze dried coconut to this, if available. Add lime juice to desired consistency. You could also just add coconut milk or coconut cream. Be creative it's fun!