

## Seed Cereal

## ingredient choices

- seeds:
  - Flaxseed
  - Sunflower
  - Pumpkin
  - Hemp hearts
  - Chia
- powders:
  - protein
  - Hemp
  - Maca
  - super greens
  - Red Beet
- oils:
  - Flaxseed
  - Walnut
  - Hemp
  - Extra Virgin Coconut
- Maple Syrup (dark robust)
- Lemon Juice, from a bottle or fresh-squeezed

## instructions

- Grind seeds in a seed (coffee) grinder.
- Mix together ground seeds, powders, lemon juice, oil(s), and Sweetacular.
- Add enough liquids to make the mix a slurry; seed cereal dries out as liquids are absorbed by the seeds.

## notes

- Chicory Root granules, excellent prebiotics, have a strong flavor. Best to use small amounts to maintain good taste.
- Even though Extra Virgin Coconut Oil is delicious, all current information is to use it in moderation, as it is mostly saturated fat, meaning higher in cholesterol.
- This recipe is vegan, kosher, and gluten free.

## Liquid-Fiber Drink

## ingredients

- 1/2 c. ground Flax seeds
- 1/2 c. Bentonite Clay powder
- 2 tblsp ground psyllium husks (Metamucil is 100% psyllium)
- 2 or 3 tblsp Apple or Citrus pectin powder (optional)

## instructions for dry fiber powder

- Mix all dry ingredients in a bowl and refrigerate

## instructions for drink

- Stir 1 to 1½ tblsp dry fiber powder into about 8 ozs. of store-bought juice, water, extracted juice, or some other liquid
- Drink plenty of water after the Liquid-Fiber Drink; the fiber can cause constipation without abundant fluid intake.

## notes

- Cheap store-bought juice with processed sugar is fine to use for this drink. The cleansing effect on the colon will not be affected.
- The powder will not easily dissolve in liquid, it often forms small lumps that are easily swallowed.