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Sherrill's Breakfast Power Shake How to Get the Day off to a Good Start

You probably remember your mother telling you that breakfast was the most important meal of the day. Like so many other things, she was right! Starting the day with a nutritious breakfast can actually balance your blood sugar, keep your hormones in harmony, increase your metabolism, help you lose weight, lift your mood, improve your memory and concentration and provide you with an abundance of energy!!!!

The following recipe is my favourite breakfast shake - it is easy, quick, yummy and packed with all the key nutrients to support your health, hormones and vitality. You can whip it up in the blender in two minutes flat. You can also pour it into a thermos or drink bottle and have a true instant meal to nourish you through the day.

And by the way, it is best to eat breakfast every day (skipping breakfast makes you cranky, tired, forgetful, prone to gain weight and hormonally challenged!). Also, be sure to eat within one hour after arising.

Ingredients

(of course, whenever possible make them organic)

- 1 heaping Tbs. - Whey Protein Concentrate (make sure it does not have sugar or aspartame)
- 1/2 to 1 Tsp. - Maca power
- 1 Tsp. - concentrated green powder (either Star Stuff or Vital Greens)
- 1 Tbs. - ground flax seeds (use a coffee grinder to grind whole flax seeds)
- 1 Tbs. - raw sunflower seeds
- 1 Tbs. - raw pumpkin seeds
- 1 tsp. each - flax seed oil and/or olive oil - 1 tsp. each
- fruits (banana, peaches, apples, strawberries etc.)
- 1/2 tsp. - kelp powder
- 1 cup - Rice milk
- 1/4 c - coconut milk or 1 Tbs. coconut cream
- 1/2 cup water - depending if you like a very thick shake
- Vanilla essence or a small slice of fresh ginger - if desired for flavouring

Whip them together in your blender...and enjoy!!!