

Dr. B's Superfood Smoothie

Since I am one of those people who doesn't get hungry until about 10:30 AM, I make this smoothie every morning and take it to work with me in a one liter container. I drink some of it whenever I start feeling hungry and it tends to get me through lunch time. Every time I've read about the amazing healthful properties of a particular food I've added it to the smoothie mix, and this is what I've finally settled on.

Start by making a big tub of the Super Powder mix and keep this mix in the refrigerator. If you have leftover ingredients, you should also keep them refrigerated since most of the ingredients are prone to oxidation at room temperature. If you want a smoother powder (if you don't like picking seeds out of your teeth) you can put the powder in a blender or coffee grinder until smooth. It takes roughly equal parts of the following:

Hemp protein powder (buy on line or at health food stores)
Chlorella, spirulina, or PhytoGreen® (Time Labs)
Wheat germ
Flax seeds
Chia seeds (I find these online through Amazon.com)

Next go get yourself the following:

Coconut milk (I use the lite stuff because it pours from the can more easily)
Organic kefir (plain or flavored) (kefir is a fermented dairy product full of probiotics – Fred Meyer and the Pocatello Co-op carry it)

Now, every morning, get out your blender and put in 2-3 different fruits, fresh or frozen (I usually use a banana for thickness, berries, and whatever's in season)
Add about ¼ cup of the Super Powder mix.
Add about ½ cup of kefir and 1/3 cup of coconut milk
Add water or organic fruit juice to thin a little if needed and to make about one liter (one quart) of smoothie.

Put it into your stainless steel beverage container and hit the road (or stay home!).
Drink a few swigs when you feel hunger setting in.

To schedule an appointment with Dr. Bokelmann: please call 208-478-8400

For more information, please visit www.eimcenter.com