

Green Protein & Fiber OJ Shake –

Mix the following into a hand shake drink mixer or blender and shake or blend. Drink immediately. Psyllium husks add fiber and help prevent constipation. It is important to also drink one full glass of water after the shake if you add psyllium husks so that the husks can expand properly in your stomach. The liquid chlorophyll will boost your iron count and help prevent anemia. You do not need a blender to prepare this shake. But you will need a good drink shaker, the kind that has an insert that breaks up lumps when you shake it.

- 1 scoop of vanilla flavored whey protein powder
- 1 cup of orange juice
- 1 tablespoon of psyllium husks (optional)
- 1-2 tablespoons of liquid mint flavored chlorophyll (optional)

Fruit Smoothie with Protein

Mix the following in a blender and blend. Drink immediately or freeze for a frozen treat for later.

- a few handfuls of frozen fruits (your choice: strawberries, blueberries, bananas, peaches, etc.)
- 1 scoop of whey protein powder (or other non-soy protein)
- 1 cup of milk, almond milk or rice milk (no soy please)
- 1 tablespoon of liquid chlorophyll or spirulina (optional greens)

Other uses for protein powder

- Add a scoop or two to pancake batter before making pancakes.
- Add a scoop or two to corn bread or cookie recipes.