

Maximum Health Performance Power Protein SMOOTHIES

chef
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Orange Lime Vanilla Dream

We have come to a time in our lives where food artisans and producers are making products that provide us with simplicity, high nutrition value and flavor all at once. Smoothies are not the only treat in this healthy café, though. Anyone for French toast, crunchy cookies or a café O'lei?

Serves 1

INGREDIENTS

- 1 scoop MHP Probiotic-SR Vanilla
- 1/3 C hemp seeds
- 2 T coconut cream concentrate
- 1/2 C orange juice
- 1/3 C lime juice or the juice of one lime
- 1 T soy lecithin granules
- 1 T Immune-Tree Colostrum6
- 1 C water (approximately)
- ice

METHOD: Combine all ingredients and blend until creamy and frothy. These ingredients deliver a creamy texture with fresh bold flavor with hemp seeds for essential fatty acids, fresh juice for vitamin C and other nutrients, lecithin and colostrum for cell repair and renewal and immunity, protein for strength and stamina and vanilla-flavored protein powder. YUM!



Rich Cherry Chocolate Supreme

Serves 1

INGREDIENTS

- 1 scoop MHP Paleo Protein Triple Chocolate
- 1/3 C hemp seeds
- 1 T soy lecithin granules
- 1 T Immune-Tree Colostrum6
- 1/2 to 3/4 C frozen cherries
- 2 C water
- ice

METHOD: Combine all ingredients and blend until creamy and frothy. If you are a chocolate lover, this smoothie will rock your soul. The flavor is rich with substance that will fuel, satisfy and please you. For an extra treat, garnish both smoothies with fresh mint!



Protein Rich Vanilla French Toast

Serves 1 or 2

INGREDIENTS

- 2 eggs
- 2 pieces of whole grain bread
- 1/4 C water
- 1/2 + scoop MHP Paleo Protein, vanilla flavored
- 2T Barlean's Forti-Flax
- 1T Immune-Tree Colostrum6
- 1 T coconut oil

Optional: cinnamon and berries for topping

Low Glycemic-EFA Rich Syrup:

- 1 T water
- 1 t XyloSweet (xylitol sweetener)
- 1 t maple syrup
- 1 T Barlean's Flax Oil

METHOD: Crack eggs into a bowl and whisk thoroughly. Slowly whisk in Immune-Tree Colostrum6 and MHP Paleo Protein. Note: The mixture will thicken and this will be okay. Add water if needed, but a semi thick mixture will still cook up nicely to provide an extra boost of protein for a breakfast or any meal fit for a day of great energy. Soak both pieces of bread in the mixture for a few minutes, turning over carefully. Warm a skillet over medium heat and melt coconut oil. Place each piece in the skillet and sprinkle the top of each with Barlean's Forti-Flax. Cook until golden brown and then turn, sprinkling the other side with Barlean's Forti-Flax. Remove from heat. Top with syrup (below) and fresh berries.

METHOD: Whisk all ingredients together for a delicious sweet nutty flavored piece of French toast. Note: It may seem a little runny or thin, but it will soak up fast and make the already delicious vanilla-flavored French toast better than you have ever imagined!

Raw Hi Protein Chia Seed Cookies



Serves— 25 to 30 Cookies

INGREDIENTS

- ½ C chia seeds soaked in 1 cup of water
- ½ C almonds soaked and drained
- ½ C pumpkin seeds soaked and drained
- 4 dates soaked in ½ cup water (deseeded; keep water)
- 3 T almond flour
- 1 scoop MHP Paleo Protein, Vanilla Almond
- ½ C raisins
- 1 t+ Xylo Sweet

METHOD: Combine all of the ingredients in a food processor including the water that the chia seeds were soaking in. Add the soaking water from the dates as needed to acquire a dough like consistency, just thick enough to be able to mold into cookie shapes. Be careful not to over mix, keeping the nuts and seeds a nice size for a crunchy effect. Mold the dough into cookies and place on a dehydrator sheet and remain at desired temperature until dry and chewy (115 °F would take approximately 24 hours). If you do not have a dehydrator use the oven on the very lowest temperature for several hours, turning over when appropriate. Store in an airtight container in the freezer or refrigerator.

Immune-Tree's Café Colostrum

Serves 1

INGREDIENTS

- Mate, Green Tea, Black Tea or Coffee
- 1 t - T Immune-Tree Colostrum6
- 1 t Bar lean's Organic Coconut OIL
- XyloSweet, honey or maple syrup to taste

METHOD: Brew your favorite hot beverage and pour into a blender. Add Immune-Tree Colostrum6 and coconut oil. Blend until frothy. Using Colostrum6 for a creamer is one of the anti-agers you can use for your body and your palate. The enhancement of the flavor and what it does for the health of your palate and the rest of you are profoundly different from any other cream I've ever used. It makes my tea and coffee so darn delicious I swoon with every sip. (I am not kidding.)

