

Cool Ways To Make Nutrients Taste Good

Whey Protein, Pea Protein and NutraClear add to rice, almond, coconut or almond-coconut milk. Carob can also be used in addition to sweeteners like fructose, stevia, agave or honey and shake with ice in a Tupperware type shaker. Shake and drink pouring out only as much as you will drink at one time and then shake before pouring again. The key is the ice, the sweetener and the shaking before you drink, as any powdered nutrients tend to settle to the bottom of any container. The use of a blender or a Vita Mix blender will help to suspend nutrients and result in less settling, especially when used with whole fresh and or frozen fruits.

Optimal EFAs Salad dressing

2/3 cup olive oil (extra virgin olive oil)
1/3 cup Optimal EFAs or Mixed EFAs
2 tbsp of tamari
2 tbsp organic almond butter or other nut butters of choice
Fresh garlic to taste (or the juice of garlic)
Sea salt to taste
Herbs of choice - I like basil, cilantro, or ginger juice
Mix in shaker and store in refrigerator

Ideas to hide vitamin taste

1. Apple made into a sauce with a blender
2. Almond or other nut butters (not peanut as it is highly allergic)
3. Bananas
4. Frozen pudding pops
5. Blueberries especially jam
6. **Aqueous Multi-Plus** (1-3 tablespoons great in shakes!)
7. Frozen fruits like strawberries & blueberries for shakes in blender
8. Pineapple juice, no sugar added or pineapple in blender method
9. Try a fresh, whole, organic apple, peach or pear in the blender
10. Coconut milk
11. Extracts, like vanilla, almond, hazelnut, etc. Try fruit flavors even!
12. Elderberry extracts from the health food stores are very sweet . Add, crush and then mix nutrients in a tsp of elderberry extract.

Aqueous Multi-Plus Add 1-3 tablespoons of **Aqueous Multi-Plus** to a **NutriClear** or **Whey Protein** shake to add a peach flavor and an additional nutrient punch to your detox shake.