

## Smoothie Recipes for Green Meadow Whey

*Healthy and Delicious!*



With whatever liquid you mix the Whey with, it is recommended to first blend up all your ingredients in a blender and then add the Green Meadow Whey Protein. Blend for only 1 second or 1 pulse. This is a protection to ensure the blender blades do not damage any of the protein's frequencies in the Whey. With regards to our Green Meadow Whey, we have found that 99% all people thus far and therefore by extrapolation all blood types have been only favorably affected by consuming this Whey.

All ingredients used should ideally be organic or pesticide free. Mix your ½, 1 or 2 (30 gram) scoops of Green Meadow Whey with 10 -16 ounces any of the following liquids. Capra Mineral Whey mixed with water, Raw Milk, Fruit Juices or water. To every 16 ounces of liquid use 1 tbsp. of either of the following sweeteners; Coconut Sugar, Maple Syrup, Sucanat or unheated Honey.

Green Meadow Whey does not dissolve into liquid readily, so this is the purpose of pulsing the blender. If you mix your ingredients up in advance and let the drink sit for 4 hours or so then the Whey will dissolve into the liquid this way as well.

1. Simply mixing raw milk with Green Meadow Whey and your choice of sweetener is extremely delicious. For raw milk sources throughout the country go to: [www.realmilk.com](http://www.realmilk.com).
2. 1 Ripe Pear, 10-16oz of water, 1 Tablespoon of Coconut Fat, blend thoroughly, and add 1 scoop of Green Meadow Whey and pulse for 1 second.
3. 1 Ripe Pear, 10-16oz of water, 1T of Flax Oil; blend thoroughly, then add GMW.
4. Combine 6 oz. of fresh organic apple juice with 6 oz. of raw cow's milk with 2T of flaxseed Oil or 1 raw pasture raised egg. Then mix with one scoop of the whey protein powder. Blend for 1 second and drink. Ummm...delicious!
5. Here is the one I find particularly delicious. Combine and blend the juice 2 to 3 oranges or tangerines, cut up one ripe pear, one half to one banana or 2 to 3 dates and one to two raw eggs. Blend and then add 1 to 2 scoops of Green Meadow Whey and pulse.
6. Combine Green Meadow Whey with 10-16 ounces of fresh fruit juice along with 2 egg yolks. Blend and add whey and pulse.
7. 2 raw eggs, 1 banana, ¼ cup frozen blueberries, 8 oz. of pure water, blend and add Green Meadow Whey and pulse. Wow is this good.
8. Juice of 1 apple, ½ cup frozen blueberries, 2 raw eggs, 8 oz. of water, and 1 tbsp. of Chocolate, blend and then add GMW and blend for 1 second.

If you'd like to see the vast difference in both outward and internal organ development of two cows, one on raw milk the other on cooked go to: [www.thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got-raw-milk-the-other-pasteurized](http://www.thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got-raw-milk-the-other-pasteurized)

May your health thrive, and may you be a light to others on the virtues of taking care of yourself. Stephen Heuer, Nutripath.