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Recipes

General Information:

Each serving is: 1 scoop of the powder plus 3 cod liver oil soft gels. If mixing powder into juice do not use acidic/citric juices (orange, grapefruit or pineapple) as they may cause gas and discomfort. Do not use in carbonated beverages (soda, sparkling water, or seltzer). If you have a gassy or bloated feeling after drinking the shake then it was blended too long and has too many air bubbles in it. Put the blended/mixed shake into the refrigerator for a few hours or overnight before drinking it. This will allow time for the air bubbles to pop and for the minerals to be suspended in the liquid. The **Unflavored powder** tastes best if mixed into something very flavorful, like a favorite juice or fruit blend. Many people like to blend the Unflavored powder into a yogurt smoothie along with fresh or frozen fruit.

Any way that you blend or mix it is okay (in a drink or in food). Try it different ways to see what you like best. Below are some suggestions that people have shared with us. Click on the links below to expand the recipes or suggestions.

Drink Recipes

Powdered Drink Recipes

1. Mix 1 scoop in blender with 8 oz water. Pour into bowl and put in freezer for about 1 hour or until desired consistency of a slushee or an Italian ice. Eat with a spoon as a dessert.
2. Sprinkle over or mix into hot or cold cereal.
3. Sprinkle over or blend into pudding or other dessert.
4. Make a Pina Colada shake. Blend 1 scoop vanilla flavored powdered drink mix with milk & pineapple.

Good Morning Parfait

- 8-ounces Natural Yogurt
- ½-cup Milk (can substitute Cranberry Juice)
- ½ Banana
- 1-teaspoon Peanut Butter
- 1-scoop Unflavored **CELLECT™**
- 3 Ice Cubes

Put all ingredients in a blender that can pulverize ice or put in a smoothie maker. Blend and let it sit 10 minutes to let the flavors mix. **CELLECT™** minerals will stay suspended in this very cold mix. No gritty taste!

Remember to take 3 Cod Liver Oil softgels with each serving.

Icy Fruity Delight

- 8-ounces Natural Yogurt
- ½-cup Milk or Juice
- 1 or 2-cups Frozen Fruit
- 1-scoop Unflavored **CELLECT™**

Put all ingredients in a blender that can pulverize ice or put in a smoothie maker. Blend until smooth.

Remember to take 3 Cod Liver Oil softgels with each serving.

Healthy Snacks

CELLECT™ Nutrition Bars

Here is a healthy bar treat:

Note: The following recipe is based on using an entire 30 serving kit of **CELLECT™**. For use with different serving sizes, adjust proportionally. For example, if you are mixing the recipe to make 15 servings then divide the listed ingredients by 2 so that you will use ½ of each of the listed ingredients.

- ¼-cup Protein, Brown Rice or Whey*
- ¼-cup Flax Seed*
- 2-cups Peanut Butter
- 1-cup Almond Butter
- ½-cup Raw Honey
- 1-cup Oatmeal
- 1-cup Granola
- ½-cup Cinnamon
- 1 container Unflavored **CELLECT™** (30 Servings) - (see note below about using flavored powders)*
- ½-cup Coconut or Peanuts or Raisins or Sunflower Seeds
- ½-cup Carob or Chocolate Chips

Blend the moist ingredients first (peanut butter, almond butter, honey) then add in the powdered ingredients (protein*, flax seed*, oatmeal, granola, cinnamon, **CELLECT™** unflavored powder) blending together thoroughly. You can add more honey if the mix is too dry.

Then mix in the remaining ingredients (nuts, chips, coconut and/or seeds). The mix should be crumbly but will hold together when pressed in your hand.

Shape into 30 individual bars (approx. ¼ cup each). Wrap each separately in plastic wrap or put in a baggie. Each bar will then have 1 serving of **CELLECT™**. You may find that they keep better if stored in the refrigerator and then allow them to get to room temperature before eating.

Remember to take 3 Cod Liver Oil softgels with each serving.

***Note:** When using any of the flavored **CELLECT™** Powders leave out the protein, brown rice, or whey and the flax seed. Otherwise the mix will be too dry and will not form into bars.

CELLECT™ Candy Balls

For every scoop of **CELLECT™**, mix in:

- 1-tablespoon Almond Butter or Peanut Butter
- 1 ½-tablespoons Raw Honey
- 1-teaspoon Cocoa Powder
- ¼-cup Crushed Nuts or any other crunchy thing you like to coat the balls in

Add more or less to get a consistency that will form a ball. Roll balls in additional coconut flakes or nuts and store in fridge. Four 1-inch balls should have about 1 scoop of **CELLECT™**.

Remember to take 3 Cod Liver Oil softgels with each serving.

Baked Goods

Basic Baking Mix

Keeps 3 months in ziploc bag.

- 10-cups Whole Wheat (pastry) Flour
- ¾-cup Sugar
- 2 ¼ teaspoons Salt
- 3-tablespoons Baking Powder

Try and use organic ingredients. Pastry Flour optional, All Purpose is a good alternative.

Pancakes (12 Pancakes)

- 2-cups of Basic Mix
- 4-tablespoons Melted Butter
- 2 Eggs
- 1 cup Milk (1 ½ cups if not adding fruit)
- Optional Chopped Walnuts or Chocolate Chips

Put all ingredients in a blender to mix. Scrape sides.

For every 4 pancakes add 1 scoop Unflavored **CELLECT™** and reduce basic mix by 2 tablespoons. Make 4 pancakes first to taste results and then adjust **CELLECT™** to taste. If it is too dry add a little milk to thin out.

Cook Pancakes on a hot greased griddle. Pancakes will "bubble" before turning over. Fruited pancakes can take longer to cook. Be patient. Adjust griddle temperature as needed. After turning pancakes cook fairly fast. Look for a golden brown bottom.

Remember to take 3 Cod Liver Oil softgels with each serving.

Do you have a recipe idea that you would like to see added to this page to share with others?
Complete the form below and submit it to us for consideration.

Contact Information

Name:

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Recipe:

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CELLECT™ is a dietary supplement manufactured to meet the highest quality and standards.

All decisions are the responsibility of the reader and common sense of it shall apply.