



## How to Make The Budwig Mix



In this article, we explain all you need to know to make the Budwig Mix. We have found that most flaxseed oil and cottage cheese recipes found online are incorrect and do not follow the original method used by Dr. Johanna Budwig. For example, some websites use yogurt or kefir instead of cottage cheese or quark. These dairy products lack the sulfurated protein and will not provide the original recipe's full health benefits.

Additionally, there are different ways of preparing this mixture; with or without seeds, honey, or milk. At the Budwig Center, we start each program with a complete personalized analysis of how certain foods affect you (intolerances, allergic reactions, etc.) by using the GSR scan (<https://budwigcenter.com/gsr-scan-vega-test/>). The scan results enable us to recommend the ideal recipe for preparing the Budwig mix that best suits you.

Here we provide you with the authentic recipe according to the instructions provided by Dr. Bu herself.

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To make this mixture, you will need the following:

- Flaxseeds (linseeds)
- Flaxseed oil
- Cottage cheese or quark 2% fat content or less (also called Queso Fresco in France)
- semi-skimmed, organic milk (preferably goat or sheep milk)
- An upright electric blender
- A coffee grinder
- Raw honey

## Before You Begin

- NANCY'S organic cottage cheese and ELLI Organic Quark are both sold in the USA. In Europe, German QUARK and French QUESO FRESCO are sold in stores like Lidl or Aldi.
- Learn how the combination of flaxseed (linseed) oil and cottage cheese benefits us in our article: [Linseed \(Flaxseed\) Oil and Cottage Cheese Help to Tackle Some 50 Common Illnesses](https://budwigcenter.com/linseed-oil-cottage-cheese-help-tackle-50-common-illnesses/) (<https://budwigcenter.com/linseed-oil-cottage-cheese-help-tackle-50-common-illnesses/>).
- To make sure you are using the right blender, read our article: [Making The Budwig Mix – Does the Type of Blender Matter?](https://budwigcenter.com/budwig-mix-blender/) (<https://budwigcenter.com/budwig-mix-blender/>).
- If you have cancer, we encourage you to read our article: [Budwig's Muesli For Cancer Patients](https://budwigcenter.com/budwig-protocol-muesli-cancer-patients/) (<https://budwigcenter.com/budwig-protocol-muesli-cancer-patients/>).

## The Budwig Mix Recipe

**[Note:** *When quantities are mentioned this is what we mean: 1 teaspoon = 5ml, 1 tablespoon = 15 ml, 16 spoonful's = 1 cup, 4 tablespoons = ¼ cup.*]

The following is the original way Dr. Budwig liked to prepare the mix for her patients:

1. Start with two tablespoons of low-fat milk the three tablespoons of linseed (flaxseed) oil, which you will mix with an electric blender.
2. Next, add one teaspoon of honey and mix all three ingredients well.
3. Now slowly add the low-fat quark or cottage cheese two tablespoons at a time and keep mixing until it is combined well, putting in a total of 6 level tablespoons of Low-Fat Quark/cottage cheese.
4. Put two tablespoons of freshly crushed flaxseeds in a separate bowl that you have ground up with a coffee grinder.
5. Put some fruit (berries, lemon juice, etc.) or nuts over the seeds.
6. Finally, pour the mixture of quark, honey, and oil over the freshly ground flaxseed and fruit.

**Optional:** Add fruit, especially berries. Some days try adding parsley, garlic, dried fruits, ground hemp seeds, ground almonds, ground sunflower seeds, Brazil nuts, and pumpkin seeds (do not use peanuts) vanilla, cinnamon, raw cocoa, or grated coconut. Some prefer a touch of cayenne pepper – be c

**Note:** Ground seed starts to turn rancid after 20 minutes, so you should consume it immediately. [Privacy - Terms](#)

grind and store seeds to be used later. The flaxseed oil must be kept cold, so store it in the fridge. Try to purchase directly from the manufacturer (e.g., Barlean's, N. America, or Linovita, Europe), or from an herbalist/health food shop. The cottage cheese/quark can be frozen if necessary. In North America, there is Nancy's organic cottage cheese that is low fat.

Did you get all that? If not, here's a nice little video to help you:

How To Prepare The Budwig Mix - Budwig Diet Re...



## A Few Things to Keep In Mind

Many people these days suffer from lactose intolerance (<https://budwigcenter.com/lactose-intolerance/>)  
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many people these days suffer from [lactose intolerance \(https://budwigcenter.com/lactose-intolerance/\)](https://budwigcenter.com/lactose-intolerance/).

Interestingly, in many cases, this condition is caused by a Candida fungus infection or the liver needing a cleanse and restoration of enzymes and healthy bacteria to the gut. The Budwig Center provides effective remedies for the liver, enzyme formulas, and the diatomaceous earth (food grade) program.

To learn about appropriate replacements for the Budwig Mix's main ingredients, read our article: [The Budwig Mix – What Can Replace Cottage Cheese And Linseed Oil? \(https://budwigcenter.com/can-replace-dr-budwigs-cottage-cheese-linseed-oil/\)](https://budwigcenter.com/can-replace-dr-budwigs-cottage-cheese-linseed-oil/).

Something else to keep in mind is that flaxseed or linseed oil is delicate and subject to oxidation. So, from the moment of extraction until it reaches your kitchen, flaxseed oil should always be between 52C and 122C. In many cases, this isn't easy and out of most people's hands. So we recommend using the seeds themselves and grinding them as per the recipe.

Flaxseeds, with the shell or husk, contain essential nutrients that are not in the oil. Dr. Johanna Budwig included ground flaxseeds in her meals in addition to taking the muesli. Another way to consume them is to soak the seeds 2 or 3 hours before and eat them whole. This presoak can be done with chia seeds as well.

## The Budwig Mix – All Your Questions Answered

Over the years, we have had many queries about preparing the Budwig Mix, the ingredients to use, etc. So we have compiled some easy to follow videos that answer such questions as:

- How Does The Flaxseed Oil and Cottage Cheese Combination Work?
- How to Know When Flaxseed Oil is Rancid?
- Can I Use Anything Else Other Than Quark and Cottage Cheese in The Budwig Mixture?
- Can I Use Goat or Sheep Milk When on The Budwig Diet?
- How to Follow The Budwig Diet While Traveling?

To watch these videos, head to our YouTube Playlist entitled: [How to Make The Budwig Mix \(https://www.youtube.com/watch?v=ibpzNio862k&list=PL49dki\\_zRMHx\\_9VDQ3SGF3CUmAHxYfSor&index=1\)](https://www.youtube.com/watch?v=ibpzNio862k&list=PL49dki_zRMHx_9VDQ3SGF3CUmAHxYfSor&index=1).

All the information provided in this article is found in the Budwig Guide. Download your FREE copy [here \(https://mailchi.mp/budwigcenter.com/budwig-guide\)](https://mailchi.mp/budwigcenter.com/budwig-guide).

At Budwig Center, we are available to help you reach your goal of living a healthier life. If you have any questions or queries, feel free to contact us (<https://budwigcenter.com/contact-us/>).

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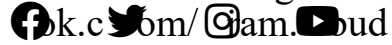
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