

UTENSILS AND INGREDIENTS

Cheikin updated
5/19/2022

Cold-pressed organic flaxseed oil 3 TBSP

Flaxseeds 2 TBSP, Optional

Cottage cheese or quark – 2% fat content or less 6 TBSP

Fresh milk (semi-skimmed or skimmed) 2 TBSP, can use almond or hemp

Honey 1 TBSP

Fresh berries optional

Coffee grinder

Hand blender

PREPARATION

Take 2 tablespoons of fresh milk can use almond or hemp milk or delete

Mix with 3 tablespoons of flaxseed oil

1 tablespoon of honey

Use a blender to mix the ingredients above while slowly adding 2 tablespoons at a time of the 6 tablespoons of cottage cheese or quark for 1 minute.

Grind 2 tablespoons of whole flaxseeds.

Pour 1 teaspoon of honey over them in a bowl

Add berries or fruit that is in season (Optional)

Then add the Budwig cream to the bowl.

flaxseeds are optional. must be fresh,
whole, kept in freezer