

High Energy LPAC for improved digestive health

The following is simple recipe has worked wonders for many. It often forms the basis of many of my nutritional recovery plans, and helps to bring balance to digestive system, which is fundamentally important in almost all wellness programs. It is important that you also follow my water recommendations too.

LPAC is ideal at breakfast time, for sustained energy during the morning. It will help reduce those mid morning craving and energy slump. It is an ideal starter for those wanting to manage their weight.

LPAC is rich in fibre, protein, minerals, omega 3 fatty acids, medium chain fatty acids, friendly bacteria and numerous important nutrients. It is safe for the whole family.

Please note: For those who have allergic or intolerance reactions to one or more of these ingredients, please remove the offending ingredient or contact me before proceeding.

It is important to use only **organically produced ingredients when ever possible.**

Flax seeds (golden linseeds), forms the basis of this recipe, to which sunflower seeds, almonds, pumpkin seeds, dried coconut and coconut milk or yoghurt is added.

A tablespoon or two of lecithin granules will help those with high cholesterol and triglycerides and will also help improve memory.

Breakfast is by far the most important meal of the day. Allow yourself time to sit down in a relaxed unrushed manner and slowly enjoy your breakfast. Chew it thoroughly and slowly. It is important not to rush this.

Your LPAC breakfast is a superfood combination of various seeds and nuts, providing you with essential proteins, carbohydrates, fatty acids, vitamins, minerals, Probiotics and phytonutrients all vital for your energy and internal health. For those on a higher protein diet, you may add a high quality whey protein powder or additional meat or fish based protein on the side to your breakfast. For most people 4 to 6 ounces of protein is sufficient.

This mixture will aid in burning fat, help maintain a healthy digestive system, is an excellent gentle colon cleanser, a gentle liver balancer and a highly nutritious food. It is beneficial for your heart, blood, vascular system, immune system and promotes hormonal balance. When taken with fresh live yoghurt, LPAC promotes the formation of healthy gut flora.

I find LPAC very satisfying and the release of steady energy throughout the morning keeps active without energy slumps until lunch. It helps to maintain and balance my blood sugar levels.

LPAC is also a very versatile food ingredient; sprinkle it on your salads or other food. Being rich in fibre, it is highly absorbent and ideal for sprinkling on to soups, stews and casseroles.

Note: Do not expose LPAC to high temperature cooking as this will destroy some of the nutritional value. Add it just before serving to warm foods.

Fresh preparation is important as the essential fatty acids in the Linseeds (flax) can oxidise rapidly when exposed to light, heat and/or air. I personally do not recommend purchasing ready ground linseeds.

Instructions to make enough for two average servings

Here is what you do:

3 tablespoons of Organic Golden Linseeds (Flax seeds)

1 tablespoon of Organic Pumpkin seeds

1 tablespoon of Organic Sunflower seeds

About 8 Organic Almonds (optional)

Grind the above items into a powder in you coffee or nut grinder and mix. You need to make sure that at least 50% of the mixture is Linseeds

Place the ground mixture in 2 dishes

Add 1 tablespoon grated creamed or desiccated coconut to each, you may add more if desired

For additional protein 1 or 2 tablespoon of quality whey protein may be added

Add natural organic yoghurt or coconut milk or both

Mix and enjoy

Note: It is important to grind the flax/linseeds thoroughly so that it's nutritionally value can be released when digested. For a more crunchy texture, you may grind the remaining pumpkin, almonds and sunflower more coarsely or not at all.

How much do I take? Take two to four generous heaped tablespoons for breakfast and add some organic plain yoghurt, organic coconut milk, or other liquid as desired or permitted and tolerated.

I do not recommend starting your day on a sweet breakfast.

If you are finding it difficult to avoid a sweet breakfast, you may add some low sugar fresh berry fruits or some organic blackstrap molasses or a little raw organic honey. Please remember that dried fruits often have very high sugar content and should be avoided or moderated for a while to help rebalance your health.

Do you have elevated blood cholesterol?

For those with elevated blood cholesterol, you may benefit from an additional ingredient as follows: Two tablespoons lecithin granules or Organic Oat Bran

This can also be taken as an afternoon snack/lunch with some protein

Note: To add variety you may add organic sesame seeds and walnuts instead of almonds to the mixture. Remember, 50% of the mixture must be Golden Linseeds (Flax seeds) at all times.

Organic Flax Seed Oil: I may have advised you to take one tablespoon full of Organic Flax Seed Oil. This is best taken at breakfast time half way through your breakfast.

I find this oil quite pleasant to take, it has a nutty taste. Small child age 2+ can take 1 teaspoon full per day.

Flax seed oil is very sensitive to light and air. Store it away from light and in the fridge. If the oil tastes a little fishy discard it. Buy this oil in small dark bottles.
