

Dr. Kristina Carman's

PROTEIN POWDER

without Cocoa Powder

Ingredients (Makes ~10 servings):

- 1 cup hemp seeds (complete protein, rich in omega-3s)
- 1 cup pumpkin seeds (high in zinc, magnesium, protein)
- ½ cup sunflower seeds (supports skin, immunity)
- ½ cup chia seeds (fiber, plant protein, anti-inflammatory)
- ½ cup collagen peptides (optional, if not strictly vegan; great for gut/skin)
- 2 tbsp flaxseed meal (prebiotic, hormone-balancing)
- 2 tbsp baobab or camu camu powder (vitamin C + mild tartness)
- 2 tbsp spirulina or moringa powder (optional, for an extra green nutrient boost)



Optional Add-ins

(customize based on tolerance):

- ¼ tsp ginger powder – mild warmth, supports digestion
- ½ tsp lemon zest – brightens flavor (make sure it's organic)
- Pinch of sea salt – enhances electrolyte balance

Instructions:

- Blend all dry ingredients in a high-speed blender or food processor until powdered and well-combined.
- Store in an airtight glass jar in the fridge or freezer for maximum freshness (especially if using flax or hemp).
- Use 2–3 tablespoons per serving, added directly into a green juice or smoothie. It blends best with liquid and fresh ingredients.

Tips:

- Pair with green juice ingredients like cucumber, celery, spinach, lemon, parsley, mint, or green apple for a fresh, balanced taste.
- Blend, don't stir: For best texture, use a blender—not just a shaker bottle—to fully incorporate.
- For sensitive digestion, you can lightly toast the seeds before blending to reduce oxalate/phytate content, or soak/dehydrate them if time allows.
- Add ice and a squeeze of lime or lemon to brighten flavor further and mask any earthy notes from spirulina or flax.