

Dr. Kristina Carman's

PROTEIN POWDER

with Cocoa Powder

Ingredients:

- 1 cup pumpkin seeds (ground)
- 1 cup almond flour
- 1/2 cup chia seeds (ground)
- 1/2 cup flax seeds (ground)
- 1/4 cup hemp hearts
- 1/2 cup quinoa flour or powder
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon cinnamon (optional)

Equipment:

- Spice grinder (or if you don't have a spice grinder a small food processor works too- just careful to not over process)
- Mixing bowl
- Mason jar for storing

Instructions:

- Using a spice grinder, grind the pumpkin seeds, then the hemp hearts and then the chia seeds separately until they reach a powdered consistency. Transfer the ground seeds to a bowl, add the ground flax, almond flour, quinoa flour, cocoa powder, and cinnamon, and mix thoroughly until well combined.
- Transfer to a glass mason jar and store in the fridge for up to one month.
- To make a smoothie, add approximately 4 tablespoons (one scoop).



Tip:

For extra fiber and nutrition you can consider adding or (alternating with the above):

Coconut flour, psyllium husk powder, powdered collagen, alga/green powders (spirulina, chlorella, moringa), maca powder, lucuma powder, or even baobab powder - endless possibilities!

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Protein: Estimate for 1 large scoop (6.5 tbsp) = 11.6g
Please note: amount of protein will vary depending on ingredients used and ratio.