



KABA

wellness

EQUIPMENT

- A juicer
- A blender

INGREDIENTS

- 1 carrot
- 1 stalk of celery
- ¼ beet (about 5% of the volume of your ingredients)
- 1 apple
- 1 thumb ginger
- 2 local/organic egg yolks
- 1 dollop of Creme Fraiche (see recipe)

METHOD

- Juice together the carrot, apple, celery, ginger and beet
- Pour the juice into the jar of a blender
- Separate eggs - as you will use only the yolks for this recipe
- Save the whites for an omelet
- Add egg yolks and creme fraiche to the juice and blend.
- Voila!
 - Note, this recipe is only used for those who have started the GAPS Introduction protocol, and working on Stage 2 or full GAPS. DO NOT start this recipe until some basic gut protocols are well established.



GAPS Milkshake

The magic of a GAPS milkshake

GAPS stands for Gut & Psychology Syndrome. The GAPS diet follows the premise that gut health is linked with overall physical and mental health. The scientific research on gut-brain connection has determined that anxiety and depression are linked to gut health and can be improved with better nutrition. This is one of my many shared gut friendly recipes that focus on nutrients that improve mood and mental health conditions. Added bonus: this one is really delicious and satisfying.

This milkshake provides an immense amount of vitamins, minerals, probiotic, choline, vitamin A, calcium, healthy fat, protein, antioxidants and anti-inflammatory foods. As you can see, it's action packed, and oh so tasty!!

Vegetables are the base ingredients of the juice and can be pretty much any vegetable combination that appeals and you have access to. Add a little bit of fruit to sweeten. Beet is a very strong liver cleanser, so only use 5% beet in your recipe.

The quality of your egg matters. When eating raw eggs, be sure to know where your egg comes from. Contamination mostly comes from sick chickens laying sick eggs, and dirty egg shells. Know your egg farm and their chicken health practices. Also, check that the egg yolk is intact when in the shell. Discard the egg yolk if it has been broken.

While the recipe isn't mine - you can find variations on the theme online - I have added Creme Fraiche the healthy (and psychobiotic!) fat required in the mix.