

Flaxseed Oil and Cottage Cheese (FOCC)

Ingredients

3 Tbsp. Flaxseed Oil (with no lignans). I use Barleans. (Keep it refrigerated!)

6 level Tbsp. organic low-fat cottage cheese

1/4 tsp. stevia (some use 1 tsp. honey, but for cancer patients stevia is recommended since it will have no effect on insulin)

4 good shakes of ground cinnamon

1 1/2 Tbsp. dark brown (not golden) flaxseed, ground finely just before using. The video below suggests 2 Tbsp. but I find 1 1/2 Tbsp. works best)

1/2 - 1 cup organic unsweetened fruit (I use unsweetened thawed blueberries, raspberries and strawberries, banana with a few squeezes of lemon juice mixed in)

fistful slivered almonds (I buy the almonds already slivered at the store)

about 6 walnut halves, chopped (as a topping)

sprinkling of unsweetened shredded coconut (as a topping)

Directions:

1. Put the flaxseed oil and cottage cheese in a bowl or large (very solid) cup. Let them sit together, unmixed, for about 10 minutes to remove the chill.
2. Mix the flaxseed oil and cottage cheese with an immersion hand mixer for about a minute (you cannot use an egg beater or blender when making FOCC). The mixture will resemble thick whipped cream.
3. Add the stevia or sweetener. Mix thoroughly with a spoon.
4. Add the cinnamon and mix thoroughly.
5. Add the freshly ground dark flaxseed and mix thoroughly.
6. Add the fruit and mix.
7. Add the slivered almonds and mix.
8. Place mixture into a pretty bowl (I think this is important!).
9. Top if desired with the chopped walnuts and coconut.

Do not store - this must be consumed fresh.

Note: You can purchase Barleans Flaxseed Oil at a discount. Call 1.800.445.3529 and tell them you're on the Budwig Protocol.

"How to" video: <http://www.youtube.com/watch?v=-ZgLvq1ixhk>