



Waterdown Clinic of Naturopathic Medicine
www.waterdownclinic.com

Protein Powder Infusion

from Paula Fiazza, Nutritionist

The powder infusion calls for hemp seeds but you can replace them with more chia/salba or flax.

Grind the following in a coffee grinder:

- 1/2 cup chia seeds (white are known to be higher in protein)
- ½ cup flax seed
- ½ cup hemp seeds

Combine all ingredients in a bowl and add one or more of the following:

- 1/4 cup of a high quality spirulina powder
- 1/4 cup chlorella powder or barley grass powder

- mix all together and put into a medium size glass jar, store it in the fridge

- you can also add maca, lucuma, alfalfa or any other superfood powder

- add 1 - 3 tablespoons into your green smoothie