

One World Whey Smoothie Recipes

The following recipes are some delicious ways to enjoy One World Whey Protein Powder. With whatever liquid you mix the Whey with it is recommended to first blend up all your ingredients in a blender, then pour into a glass or a shaker jar, then add one to two scoops of One World Whey and use a spoon or shaker jar to mix it up. This is a protection to insure the blender blades do not damage any of the frequencies encoded into the proteins and amino acids. However if these steps are too time consuming and you prefer the speed of the blender then add the One World Whey Protein after you've blended your ingredients and only blend for 1 to 2 seconds.

All ingredients used should ideally be organic or pesticide free. Mix your 1-2 scoops of One World Whey with 8-12 ounces any of the following liquids.

- 1) Raw Milk (For raw milk sources throughout the country go to: www.realmilk.com).
- 2) 1 Ripe Pear, 8-10oz of water, 1 Tablespoon of MCT Oil, Blend thoroughly and add 1 scoop of One World Whey and mix.
- 3) 1 Ripe Pear, 8-10oz of water, 1-2tsp of Andreas Flaxseed Oil or Hempseed Oil, or Pumpkin Seed Oil; blend thoroughly, then add 1 scoop of One World Whey and mix.
- 4) Almond or any nut or seed milk. I like pine nuts the most: ½ cup pine nuts blended into 4 cups of pure water, (blendtech type blender works best). Filter nut milk through nut milk cloth to remove the fiber. Mix 8oz of fresh apple juice with 8 oz. pine nut or almond milk. Use 8 to 12 ounces of this nut milk & apple juice mix and add one to two scoops of One World Whey. Mix for 1 second and drink.
- 5) Here is the one I find particularly delicious. Combine into a blender the juice of 2 to 3 oranges or tangerines, cut up one ripe pear, one half to one banana or 2 to 3 dates and one to two raw eggs (or just the yolks). Then add 1 scoop of One World Whey and mix for 1 second.
- 6) My New Favorite: 75% of the protein found in the human body is made of connective tissue. Connective tissue is made up of Collagen. By combining our [Collagen Protein Hydrate](#) with our One World Whey, you are supplying a broader spectrum of protein needed by the body. The results are even more noticeable with regards to a sense of well being when taking the two proteins together. I combine 2 Tablespoons of Collagen into 2oz of water and let this dissolve. I then use this collagen water in with my smoothie, which can be one scoop of One World Whey with water or fresh fruit juice along with 2 egg yolks. Blend briefly. This is an insanely delicious and very satisfying protein drink. Wow on this one, you might really feel good from this. The collagen will feed the repair of your joints, discs and connective tissue. If you want to help your joints heal even more take 2 caps of HA Plus 2x per day. This will supply the Hyaluronic Acid and peptides specific for healing joints and discs.

There are an infinite number of variations on these recipes. Using fresh or frozen mangoes, pineapple, blueberries, strawberries or other fruit with the smoothie are some other delicious variations.

If you'd like to see the vast difference in the development of two cows, one fed pasteurized milk and the other fed raw, go to: www.thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got-raw-milk-the-other-pasteurized