

Dr. Terry Wahls' Recipe For Healthy Cells

PC Smoothie Bowl

When introducing a new supplement, work with a licensed health practitioner to monitor its introduction and application.

Ingredients

- BodyBio Phosphatidylcholine (PC) liquid
Start with 1 teaspoon of PC (Phosphatidylcholine) liquid and increased to 4 tablespoons per day if tolerated
- BodyBio Balance Oil
1-2 Tablespoons per day
- 1-2 Cup Water
For added plant diversity, I use steeped tea for this ingredient
- 3-4 Tablespoons Chia Seeds depending on consistency preference.
(Add more chia to thicken if too thin, add more water if too thick)

Optional Add-ins:

Berries	Cardamom
1 Green Banana (for resistant starch)	Coconut Milk
Cocoa powder	Greens or other veg
Cinnamon	

In highspeed blender add 1-2 cups of water, Balance oil and PC and blend on high to make a cream. This creates liposomes which are more easily absorbed into our cells.

At this point, add in any fruit, vegetable or add-ins as mentioned above. Blend and add more water if still too thick.

Pour smoothie mix into a bowl and add in chia seeds. If you are avoiding nuts and seeds, add in ice to make a cold smoothie.

Let sit and soak to reduce lectins. Top with additional berries, cinnamon, cocoa, cacao nibs and enjoy!

I make mine in the morning and eat at dinner, this gives the chia seeds enough time to soak.



Use code
WAHLS-P at
bodybio.com

