



## Hormone healing smoothie

A protein rich smoothie to help balance out hormones based on seed cycling (days 15-28).  
Serves 1. Per serve: Cal: 232; Fat: 13g; Pro: 17g; Carbs: 13g

**Serves: 1, Prep time: 00:05, Cook time: 00:00**

### Instructions

Using a blender or food processor, grind up sesame seeds and pumpkin seeds until a fine powder. Measure out 1 tablespoon of each. Clean out blender and set aside the rest of the seeds for use another time.

Add all ingredients to the blender and blend until smooth.

(You can use a natural sweetener, like a pinch of stevia powder, but I didn't think it needed it).

### Ingredients

- 1 tablespoon Seed, sesame, dried, raw
- 1 tablespoon Seed, sunflower, kernel, dried
- 1 tablespoon Maca powder
- 1 tablespoon Gelatin (ie Great Lakes)
- 1 tablespoon Flour, coconut
- 200 milliliters Almond milk, unsweetened (7 oz (U.S.))