



GAPS Milkshake

The GAPS Milkshake is a fabulous addition to the Introduction diet and we want to move towards having either a juice or milkshake twice daily away from food. They're actually good to use as a mid morning and mid afternoon snack.

The milkshakes are about adding some protein and healthy fats to our juices so that we're not spiking blood sugar levels and it's yet another opportunity to have some healthy fats and even add in some more probiotic foods (can add in some Kefir, yogurt or juice from fermented veggies)

These milkshakes are fantastic for aiding detoxification and for constipation and it's a good idea to include lots of the dark leafy greens such as broccoli leaves, cabbage, brussel sprouts, Kale, Broccolini leaves etc.

For the fats you can use Crème Fraiche (which is a cultured cream), coconut oil or even ghee whichever you prefer.. or mix it up depending on how you feel that day.

The recipe is very simple:

- 1 x cup of freshly pressed juice
 - Carrot
 - Apple or Pineapple
 - Handful of berries (if I have them)
 - Beetroot (only a small wedge)
 - Dark leafy greens like Kale or Broccolini leaves as I often have them in the garden.. spinach is a good option too or even the beetroot tops)
- 1 x egg (depending on your tolerance you can use the whole egg or just the yolk)
- 1 tablespoon Crème Fraiche, coconut oil or ghee (whichever you're using)

Method:

Place all of these ingredients into your blender and blitz together to make a nourishing, delicious and healthy milkshake.

Note:

You may find you need to gently melt down the coconut oil or ghee for it to blend through better, will depend on your blender. For those of you lucky enough to have a Thermomix you may find this step isn't necessary.

If you're struggling with the Cod Liver Oil or Fish Oil you can add this to the milkshake as well