



Soaring Crane Natural Health Center

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Primordial Ooze Recipe

For healing digestive inflammation, mineral support and just plain yummy.

For one serving, blend the following items in a high powered blender in order:

- 4oz clean water
- 4oz organic, unsweetened juice (pomegranate or unfiltered apple are good choices)
- 1tsp or 1 bunch (depending on your source) of seaweed (dulse, arame, etc). Let it soak for a couple of minutes while you get out the other ingredients.
- 4Tbsp hemp seeds

Blend the above together until milk, then continue adding:

- Large handful of dark, leafy greens (rotate kale, collard greens, spinach, dandelion)
- Small bunch of cilantro
- Small bunch of parsley
- 1 tsp turmeric powder
- 1/2 banana
- 1/2 avocado
- 1/2 to 1 cup frozen blueberries
- liquid stevia can be added to taste

Beneficial additions if tolerated

- 1-2 tbsp grass-fed liver powder
- 1 clove raw garlic
- 1-3 egg yolks (save the whites and cook on the side for more protein)