

Vital Balance Frozen Dessert

In a small blender or single cup processor such as Ninja or Magic Bullet place:

1 Cup of cold Almond or Coconut milk
3 or 4 Scoops of Vital Balance
Process for a few seconds then add

Approximately 1/2 to 3/4 Cup frozen fruit (Strawberries, Blueberries, Blackberries, peaches or Pineapple.) I like to mix several together.

Process until all the fruit is blended. Check the consistency & if it is too runny, add a few ice cubes or cubes of frozen Almond or Coconut milk & process until thick. Keep adding frozen fruit or cubes until it is the desired consistency, (or till the processor becomes difficult to run) serve & eat & as it does melt fairly quickly.

The amounts are approximate as I am not a precise cook. This will make about 1 pint or 16 ounces.

For chocolate dessert, I start with the same ingredients, but add approximately

3 Tbsps of cocoa
1 tsp of instant coffee
1 tsp vanilla
1/2 - 1 tsp of powdered stevia (optional)
a pinch of Real Salt (optional)

I have added a Tbsp of ground flax seeds or Chia seeds which seems to make it a bit thicker & creamier.

Enough ice cubes (from frozen PiMag water) or frozen milk cubes to blend to the desired thickness.

Feel free to experiment & improve on this as I am open to suggestion. We often eat this in the evening as a light meal.

Enjoy!

Selena Kennedy
selenak74@msn.com

Also, my husband Bob & I have been on the Paleo Diet for six months. Our Naturopath looked at the Vital Balance & said it was the best formula she had seen, but did not approve of the vegetarian protein & prefers the MCT from coconut oil. Anyhow we had reached a plateau in our weight loss. We had been using the VB for hurry up meals & for making a frozen dessert, but not regularly. We decided to get serious with it the way Roger Drummer suggested. We do a shake for breakfast, have regular food for lunch & usually Vital Balance ice cream or frozen dessert for dinner (Roger just suggests the breakfast part of this routine). Of course this will not come as a surprise, but it is REALLY working. (Haven't told this to the Naturopath yet.) In less than 3 weeks, I have gone below my goal weight, & now have to figure out how to maintain the ideal number for my height & body mass.