

## Dr Heidi's Fat Burning Kefir Drink\*

### 1. **Make Spice-Protein Mix** — only if you don't have it.

Mix and store in a quart size glass jar

<b>4 oz</b>	<b>Cinnamon powder*</b>
<b>2 oz</b>	<b>Turmeric powder*</b>
<b>2 oz</b>	<b>Moringa powder*</b> (Optional. Rich in B vitamins.)
<b>8 oz</b>	<b>Collagen protein (Dr Axe brand)</b>

### 2. **Heat to just under boiling**

**½ cup** **Filtered or spring water**

### 3. **Put in non-plastic pitcher or cup**

**2 Tb** **Virgin coconut oil**  
**The hot water in 2 above**

### 3. **Put in blender or shaker:**

**½–¾ cup** **Mineral water** (Selters brand preferable – it's the only one with more magnesium than calcium)

**½ cup** **Homemade kefir** (see recipe)

**2 Tbs** **Cod liver oil** (I use Carlson lemon\*)

**~¾ cup** **Contents of the metal pitcher (3 above)**

**2 Tbs** **Spice-protein mix (1 above)**

### 6. **Blend or shake on highest speed 30–60 seconds.**

### 7. **Taste and if necessary adjust and re-blend or shake for just a few seconds.**

- If too cold, add hot water.
- If too hot, add mineral water or ice cube
- If too thick, add mineral water
- If too sour, add stevia or honey, or dilute the taste with more mineral water.

### 8. **Transfer to a favorite glass, cup or bottle and enjoy. 😊😊😊**

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\* Great for constipation too 😊. If you're not on fat burning, you can add fruit to taste.

\*\* I buy these at a trusted herbal store in Berkeley, Lhasa Karnak. Organic brands at the supermarket are fine too.

\*\*\* Fermented cod liver oil has more nutrients but I cannot stand the taste. If you like it, do try it. Blue Ice brand is good.