**Immune Support Breakfast**

This recipe is used to strengthen the immune system, improve digestion and gently detoxify the body. Modify as needed for your personal dietary needs, as it is not designed to be hypoallergenic.

* 4 cups rolled grains (Begin by using the following proportions, adjust as necessary: 2 cups rolled oats (flakes); use 4 cups if other grains are unavailable. 2 cups other rolled grains; i.e. rye, barley, and/or rolled rice flakes.)
* 2 cups oat bran
* 1/2 cup fresh/dried fruit/seeds
* Raisins, dates, blueberries, etc. (unsulphured only)
* 1 cup sunflower seeds and/or pumpkin seeds (can be ground)
* 1 cup nuts (begin with walnuts and almonds)
* 1 cup lecithin granules
* 1 cup ground flax seed
* 1 cup milk thistle (silybum marianum seeds)
* 1/2 cup chia seeds or hemp hearts (optional)
* Spices: ginger or cinnamon (optional)

Grind flax seeds and milk thistle seeds (available at health food stores) in a coffee grinder, blender or meat grinder. Next, combine all ingredients and keep in refrigerator. Soak for 30 minutes or longer before eating (i.e. overnight). Use water, nut milk, rice milk, apple juice, etc. To make almond milk, blend 1/2 cup almonds with 2 cups water in a blender.