

# BOB

## Blended Organic Balance ---Preparation Steps

**Night Before** – Put 2 Tbsp. of *flax seed* in blender with ½ cup of water. Soak overnight or for 8 – 24 hours before making **BOB Drink**, (to extract oil & Omega's). 1 Tbsp. if using *Flax Oil*. (Soaking is best, but if you forget to soak your seed, you can “grind” the seed using 2 Tbsp.)

### Preparation Steps (Suggested)

1. **Put in FRUITS first** – bananas, kiwi, pineapple, apples, watermelon, strawberries etc., until blender is at least ½ full of fruit. Use a variety of fruit, fresh or frozen, organic if possible. (**No**; oranges, grapefruit, or cantaloupe.)
2. **Add LIQUIDS** – 1 Tbsp. *Raw Honey*, 1 Tbsp. Of *Nectar D'* or. (4-6 oz. Yogurt, Rice or Soymilk is optional for more calories. **No** Cow's Milk). Use **WATER** as main liquid.
3. **Add POWDERS** – 1 or 2 Tbsp. of *Hi-Pro*, 1 tsp. of *Brewer's Yeast*, 1 tsp of *Just Barley* or *Green Kamut*, 1/2 tsp. of Cinnamon.
4. **Add FROZEN** – 1 cup berries (Blue, Black, Rasp.) for anti-oxidants and **COLOR** of drink. (Optional; add ice to thicken & make colder.)
5. **Add Water** – to within 1 inch of the top of the blender, to fill.
6. **Drink** – 12-24 oz. As a total meal replacement. You may integrate this Liquid Meal with solid food if so desired.

Our family has carefully improved upon the BOB drink for more than 40 years. Please check with us before changing any specific products.\*\*\* We mail these selected products both domestic and international. Call us at; 513 -777-3232 or visit our web site at; [www.ellfarm.com](http://www.ellfarm.com).