

## **Liver paté**

- 1 lb. liver, organic or free range chicken or duck preferably
- 1 large organic onion, diced
- 2Tbsp. organic butter for sautéing
- 2 tsp. thyme
- 1 tsp. marjoram
- 1 tsp. oregano
- 2 tsp. sage
- 2 tsp. dulse flakes
- 1/4 tsp. fresh ground pepper (optional)
- 2 tsp. Miso paste (brown)
- 2 Tbsp. raw organic butter, or ghee, for blending

Melt butter in large skillet. With medium heat sauté diced onion until translucent. Add liver and lightly sauté until barely done, approx. 5-10 minutes. While the liver is cooking add the spices. Add water if the onions start to burn. When the liver is cooked (no red juice comes out of it but pink inside is ok) set the pan aside to cool. When the liver and onions have cooled somewhat, put them into a food processor or blender along with the miso and 1-2 Tbsp more butter and blend until smooth. Serve on thin crisp crackers while still warm or chill and allow it to set before serving.

Try it on celery or carrot sticks or lettuce leaf or rye crisp crackers with spicy mustard.

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## **Energy Smoothie - makes one serving ~2cups**

Good anytime but especially early in the day. To prevent pesticide exposure, use all organic ingredients.

Blend or mix together:

- 2 Tbs. ground flax seeds OR 2 tsp. Barlean's flax seed oil
- 1/2 cup unsweetened coconut milk OR 1/2 cup plain goat yogurt and 1/2 cup water
- 1 serving protein powder (use whey or rice -not soy)
- Fruit: 1 ripe banana OR 1/2 cup any fresh seasonal fruit such as strawberries, blackberries, blueberries, peach, nectarine, plum, mango, or kiwi.
- 1 tsp. to 1 Tbs. Green Magic OR spirulina OR chlorella powder
- 1 tsp. nutritional yeast for energy
- 1 tsp. granular lecithin for good blood cholesterol and blood sugar
- 1/16 - 1/4 tsp. stevia green leaf powder to sweeten to taste

Pour into a tall glass, sip slowly and ENJOY.

**Note:** Flax SEEDS will thicken the smoothie so you may want to eat it with a spoon.

1 Serving ~2 cups = 511 Calories, 31 g protein, 50.7g carbohydrate, 23.7g fat, 9 g fiber  
% of calories = protein 22%, carbohydrate 37.5%, fat 39.5%. Calculated on Diet Balancer.

- **Flax seeds** soothe the digestive tract and contain 57% omega 3 fatty acids which are needed for the body to produce anti-inflammatory prostaglandins. They also contain lignans which help the liver detoxify excess estrogen. Flax benefits the cardiovascular and immune systems, and helps to alleviate rheumatoid arthritis. It also has anti-microbial properties. Keep flax oil in the freezer to preserve freshness and prevent oxidation.
- **Coconut milk** contains medium chain fatty acids such as lauric acid that are not stored, but can provide energy on the cellular level. Lauric acid is found in mother's milk and is an anti-viral, anti-fungal and anti-microbial fat. It helps strengthen the immune system. The saturated fat in coconut has been falsely accused of raising cholesterol primarily by the soy oil producers.
- **Stevia** is a South American herb that is 50-100 times sweeter than sugar. Since so little is used it adds virtually no calories. It does not increase blood sugar so it is safe for diabetics. Stevia is an anti fungal herb, it can be used by those who have candida overgrowth. The taste (and nutritional quality) of the powdered green leaf is preferred over the extract. The extract (a clear liquid or white powder) may have a bitter after taste to some.

**References:**

Enig, M.; Know Your Fats; Bethesda Press, Bethesda Maryland; 2003.

Fallon, S., Enig, M., Nourishing Traditions; New Trends Publishing, Inc. Washington, D.C.; 1999.

Gittleman, M.S., C.N.S, A.L.; The Fat Flush Plan; McGraw Hill, New York, NY, 2002