

How to use Energy Plus-GR with No Gluten - No white Flour

The best way to use Energy Plus-GR is to consume cold rolled ground Energy Plus-GR **already hydrated (water and/or juice added)** into a gel pudding so that it will not absorb your own body fluids to hydrate. Energy Plus-GR may be added to anything from water to juice and any food. Any age bracket could benefit from adding Energy Plus-GR to their diet. Whether it is for physical activity, added nutrition, controlling weight or sugar levels, Energy Plus-GR has been known to help all of these. The most unique part is that it is only a 100% natural grain product, nothing artificial and the cost is minimal.

Because of Energy Plus-GR's high content of antioxidants, **Hydrated Energy Plus-GR** stored in the refrigerator will last for up to three weeks, just use as needed and add to any food or liquid. Hydrated Energy Plus-GR can also set at room temperature under 90 degrees for up to 24 hours and this allows you to take hydrated Energy Plus-GR to work even if you aren't able to store the hydrated Energy Plus-GR in a refrigerator. Un-hydrated Energy Plus-GR stored in a sealed dry container has a two (2) life span and therefore **is a great survival** source of nutrition.

Enough can not be said about Energy Plus-GR and just how beneficial it can really be. Finally, there seems to be a way to help your body stay hydrated, control sugar levels, maintain or lose weight and supply your body with the much-needed nutrients without all the additives it doesn't need. You should consume 3 or 4 tablespoons of the Energy Plus-GR hydrated gel three times a day, at least 15 to 20 minutes before meals and you may be surprised that your appetite for food has decreased and over time you will save money by decreasing your food purchases by 50% or more.

At home or eating out, use a small 2 oz spice container with 3/16" or 1/4" holes filled with Energy Plus-GR and lightly sprinkle it over the favorite foods that you eat. When you consume Energy Plus-GR dry, make sure that you also drink some kind of liquid so that you won't use the liquids from your own body to hydrate the powder.

Directions for hydrating Energy Plus-GR, (by adding liquids to Energy Plus-GR it is THEN referred to as hydrated):

Each bag of Energy Plus-GR contains 1-1/4 cups. **To make un-flavored gel for cooking use water only** and start by placing 8 cups of distilled room temperature water in 3 quart container. Then slowly add bag of Energy Plus-GR while briskly stirring. Allow Energy Plus-GR to hydrate at least fifteen to twenty minutes and then stir again before storing hydrated gel in refrigerator. Add additional water at any time to obtain your choice of viscosity. Cut above quantities in half and a 39 oz margarine container will be large enough.

For tasty pudding treat that is **very good for your body** use 4 cups of distilled water and 4 cups of **Welch's Concord Grape Juice** in 3 quart container, add **1-1/2 or 2 tablespoon of crushed parsley flakes, 1 or 2 tablespoon unsweetened dark baking cocoa, 1 or 2 tablespoon cinnamon, and 1/4 to 1/2 teaspoon Cheyenne pepper** while briskly stirring, then add 1 cup raw almonds, 1 cup raw chopped walnuts, **Stir and let ingredients** soak a few minutes. Then slowly add Energy Plus-GR while briskly stirring until it gels firmly. Let it set for 15 minutes, stir again and it is ready to eat or be placed in the **refrigerator**. **Adding 1/2 to 1 teaspoon of vanilla extract** is also suggested to make it a tasty treat. Note: depending on you're individual preferences: 2 tablespoons of **unsweetened dark baking cocoa, and 2 tablespoon cinnamon not only adds more flavor, but may also add additional health benefits.**

You can mix Energy Plus-GR gel pudding into any drink or food and/or just consume the Energy Plus-GR gel pudding. Everyone should **consume 3 to 4 tablespoons before** eating all regular meals and also consume it to **replace snacks**. For people who want to **add inches and bulk up**, consume Energy Plus-GR gel pudding **after meals** as a tasty dessert.

Please note that the **almonds** and **walnuts** not only satisfy your need to chew, but are also very good sources of nutrition – calcium and omega oils just to name a few and **walnuts** is also a **natural source** of **oxalic acid**. Also remember that **Welch's Concord Grape Juice** not only **tastes good**, and it is **perfect source** of **Antioxidants**, but it is also a **natural source** of **oxalic acid** which is **very important to keep your body free of all type of diseases.**

Bonus health tip:

Place walnuts and almonds into a covered container ½ each. Fill container ½ full of distilled water and the other half grape juice so that the nuts are covered. Let soak over night and then add enough grape juice to again cover the nuts and then add **1 teaspoon unsweetened dark baking cocoa, 1 teaspoon cinnamon, 1 teaspoon of crushed parsley flakes, stir well and then add 2 or 3 heaping tablespoon of Energy Plus-GR pudding and stir well. This is a great quick snack and the health benefits are above description.**

4 tablespoons of Energy Plus-GR gel pudding mixed with 1/3 cup of cherries with a banana on top is a tasty treat that some people consume instead of lunch or dinner.

For breakfast: **4 tablespoons of Energy Plus-GR gel pudding mixed** with ½ cup **unsweetened apple sauce** added to 4 oz of Energy Plus Milk or **grape juice mix** is a great shake for a meal replacement.

To help cleanse your body **it is also suggested that at least** 1 or 2 times per day, drink 4 oz of Welch's Concord Grape Juice which has been mixed half and half with prune juice to which **1 tablespoon unsweetened dark baking cocoa, 1 tablespoon cinnamon, 1 tablespoon of crushed parsley flakes, and ¼ teaspoon Cheyenne pepper has been added to each 64 oz container which the juices come in.**

Energy Plus Milk (makes full blender jar — 5 cups) 6 Tbsp. Energy Plus-GR, ½ CUP Walnuts, 2 Tbsp. Raw sesame tahini, 2 Tbsp. Unheated, unfiltered honey, dash of vanilla (optional). In a jar or glass, soak Energy Plus-GR and walnuts overnight in 3 cups of water. Pour into blender jar, add 1 cup of water, and turn on blender, running it at medium speed. With blender running, add tahini, honey, and vanilla, and then add 1 more cup of water. Blend only until smooth. Energy Plus milk is rich in EFAs and protein. Because of the soaking, it is also particularly rich in enzymes. Because of Energy Plus-GR antioxidants, it will keep well in your refrigerator. Use it everyday as a substitute for other forms of milk.

You can mix Energy Plus-GR (it is best to use Hydrated gel) with: Fruit juices, smoothies, milk, shakes, jams, jellies, preserves, gravy, syrups, lemonade, yogurt, nut butters, hot cereal, cold cereal, polenta, grits, pancake and waffle mix (use 1 tablespoon per pancake), mustard, BBQ sauce, tarter sauce, dips, soups, mayonnaise, salad dressings - **anything**. Up to 50%, by weight, of the Energy Plus-GR may be added to anything without loss of flavor while enhancing texture and cutting fat calories 30 to 50 percent. Add to anything you wish for reducing calories, saturated fat and sugar amounts without compromising sensory appeal. **It is a dieter's dream food and its use is limitless.**