

A Healthy Breakfast

Owen Linder, MD

Ingredients and Method

- 2% cottage cheese; enough to create a layer over a small plate.
- a layer of blue and red berries &
- a layer of nuts over the cottage cheese
- a pinch of ground flax seed (sprinkled)
- a slice of no flour sprouted grain toast covered with slices of 1/6th of a small avocado
- cup coffee
- Coenzyme Q ten is the orange capsule; a requisite companion to any statin drug.



For persons with hard stools, for instance those taking Coenzyme Q ten which may be causing harder stools

sprinkle a pinch of ground up flax seed on the plate before the cottage cheese.

