

Blueberry Gut Healing Protein Shake



by
DR. JOCKERS

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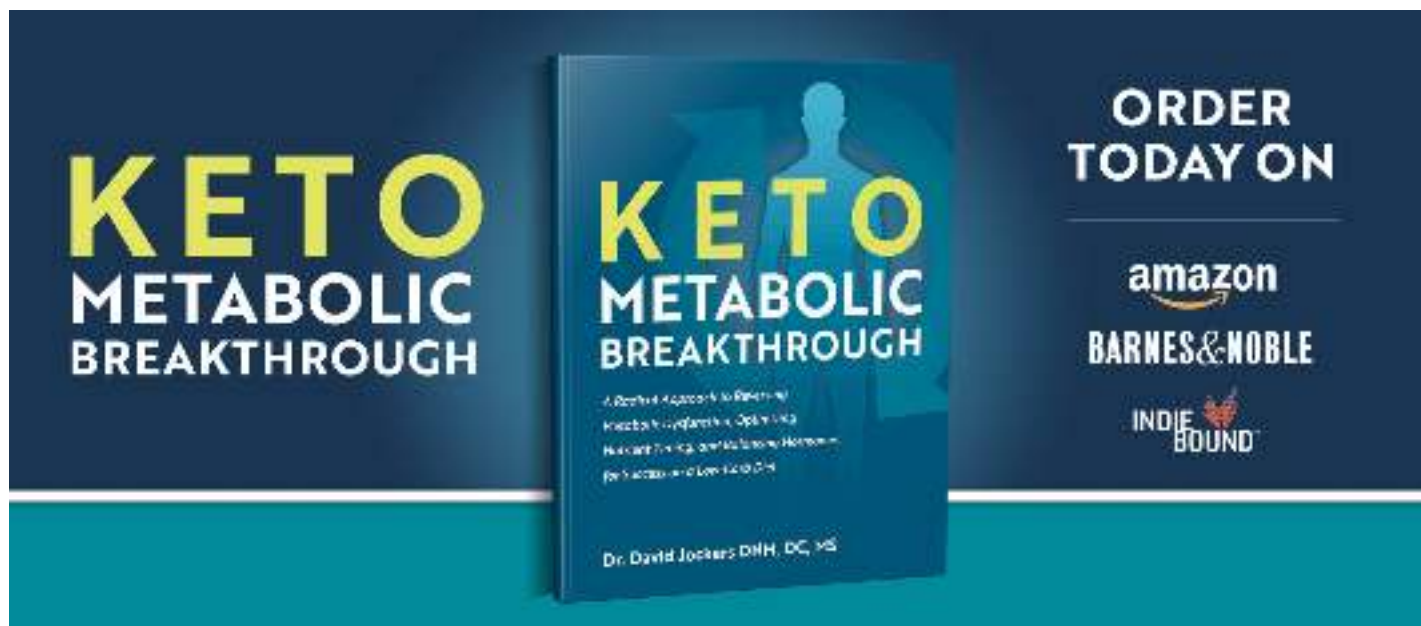
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Blueberry Gut Healing Protein Shake

This blueberry gut healing protein shake is a simple recipe with very powerful ingredients that taste great and will help you heal your gut and strengthen your body! I know you will enjoy this great protein shake!

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



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Blueberry Gut Healing Protein Shake

prep: 5 mins

total: 5 mins

author: drjockers.com

yield: 2 shakes

Ingredients:

- ¼-1/2 cup of organic frozen blueberries
- 1 cup of organic full-fat **coconut milk** in the can
- 2 scoops of **Gut Healing Protein** or another protein powder of your choice that is good for healing the gut (the nutrition info is based on the Gut Healing protein though!)
- 1 tsp of organic **cinnamon**

Optional Ingredients:

- 1 scoop of organic greens powder. I use **Organic Supergreens**

Instructions:

Step #1: Gather ingredients

Step #2: Take the **coconut milk** out of the can (it is often divided into a clumpy, fat portion and water portion) and put it into a blender and blend until smooth and creamy. I will often blend up 2 cans at a time and then place the whipped up coconut milk into a glass mason jar.

Step #3: Add in the frozen organic blueberries, **gut healing protein**, cinnamon and greens (if you desire).

Step #4: Serve and enjoy!

Notes

***The nutrition info for this recipe is based on the linked ingredients above**

**Nutritional info does not include optional ingredients.

courses: breakfast or beverage

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 450

	% Daily Value
Total Fat 32 g	49%
Total Carbohydrates 19 g	6%
Dietary Fiber 6 g	24%
Sugars 2 g	
Protein 28 g	56%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Gut Healing Protein Shake | Full Recipe

Dr Jockers Comments

You can make this tasty recipe in less than 60 seconds and it has incredible nutrients that support your brain, gut, and metabolism. The gut healing protein shake is full of anti-

inflammatory compounds to help you thrive in life.

Blueberries are rich in anthocyanin antioxidants that taste great and help to reduce inflammation. The coconut milk is full of healthy **medium chain** fatty acids that support fat burning. Coconut milk is also rich in lauric acid which is a natural anti-candida agent that destroys **fungus** and yeast.

The gut healing protein is a pea protein base formula that has no sugar and lots of fermentable **prebiotic** fibers that support the production of good bacteria in our gut. It also has 5 grams of L-glutamine, 200 mg of turmeric, 250 mg of quercetin, 150 mg of ginger and SO MUCH more gut healing nutrients. This is my go to healing protein for individuals with autoimmunity.

You can also replace the Gut Healing protein with a high quality collagen protein such as our **Organic Bone Broth collagen** which is loaded with key amino acids that help to heal the gut lining. We have this in a chocolate and vanilla flavor.

ORGANIC BONE BROTH COLLAGEN IS A POWERFUL COMBINATION OF JOINT HEALTH-SUPPORTIVE INGREDIENTS AND CAN:

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Key Benefits of Gut Healing Protein

- ✓ Natural Detoxification Mechanisms
- ✓ Gastrointestinal Health
- ✓ An Anti-Inflammatory Environment
- ✓ Health of the Microbiome
- ✓ Lactose-Free Vegan Protein Source

Gut Healing Protein Shake | Quick Recipe



Was this article helpful?

Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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Comments

comments

Comments

jewel jackson

August 24, 2017 at 6:57 pm

hello dr, jockers i was hoping i cud get some help, with chooseing the best Bone Broth for me with your help. I wanted to tell you a little about myself, so i can choose more wisely with your help, if you wud please!!...lol

i have had systemic lupus since 2009 -, 270 pounds, – loose skin after looseing alot of weight -- eye sight not good – was not sure how much more info you needed to help me choose the best Bone Broth for me!

Hope that you will and is able to give your help and feedback, – So much appreciated!!
Dr, jockers....lol

Reply

Dr. Jockers

August 25, 2017 at 10:05 am

Hey Jewel, so sorry to hear about these health challenges. You could really use any of our bone broth proteins here: <https://store.drjockers.com/collections/top-sellers/products/bone-broth-protein-pure>

Many health food stores carry them as well, this is one of my favorites: [Kettle & Fire](#)
[Reply](#)

Jan Krassner

April 17, 2018 at 4:32 pm

I use Osso Good bone broths. They have chicken, beef, bison, pork and duck bone broths. They also have specialty mixes for immunity, digestion, etc. They come frozen in bags. Most are 20oz. They aren't cheap, but I think the flavor is much fresher and better than Kettle & Fire. If I'm making something that calls for a large quantity of bone broth, I will use the K & F to augment the Osso Good.

[Reply](#)

Dr. Jockers

April 19, 2018 at 11:15 am

Thanks for sharing Jan!

[Reply](#)

Carol Krentzman

February 14, 2018 at 9:35 pm

Hi Dr. Jockers,

Will this smoothie ferment in my gut if I have Candida?

[Reply](#)

Dr. Jockers

February 22, 2018 at 6:40 am

No it should be very good for Candida sufferers. Be Blessed!

[Reply](#)

D. Candela

March 13, 2018 at 2:43 pm

Hi Dr Jockers

I was diagnosed with diverticulitis 5 years ago Im going to be 62 in August, I have kept busy fuelipmy body with good things . Until Jan of this year rolled around I started a 40 hour work week, unable to cook good Food because of 11-7 shifts . It has taken its toll on my health .

I could use a daily diet . I've had 2 flare ups and need to know to eat on these days .

Can u help ?

From Canada.

Dyan Candela

[Reply](#)

Dr. Jockers

March 14, 2018 at 11:00 am

Diverticulitis is tricky and usually requires some diligence and constant lifestyle changes to improve. Here is a helpful article to get started:

<https://drjockers.com/heal-diverticulitis-naturally/>

You may also consider reaching out to michael@drjockers.com to do one-on-one coaching!

[Reply](#)

Diane T

August 7, 2018 at 12:58 pm



Hi Dr. J,

Will the Gut Healing protein irritate my SIBO??? I have SIBO with a lot of weight loss (weigh 102 lbs.) and now my liver is enlarged....I need to use the smoothie for extra calories, but do t want to irritate the SIBO or the liver..thanks in advance for your guidance!

[Reply](#)

Dr. Jockers

August 8, 2018 at 8:52 am

It should be great for you Diane! The strategies in this article may be helpful as well:
<https://drjockers.com/healing-leaky-gut-fasting-elemental-diet/>

[Reply](#)

Leanne Erickson

August 13, 2018 at 8:50 am



My 19 yr old son has placque psoriasis. I would like to give him the blueberry smoothie daily but getting him to stop the sugar addiction and processed foods is a battle. Will the shake even help without these other modifications and if so how long would you expect to see improvement.

[Reply](#)

Dr. Jockers

August 14, 2018 at 12:11 pm

Definitely getting off of processed sugars, processed vegetable oils, and grains will be a very important step to take. This shake will have benefits either way but those factors will hold back progress to an extent Leanne!

[Reply](#)

Cynthia Cook

January 13, 2019 at 10:29 am

I have been diagnosed with Leaky gut and I need to come off of anything with yeast, allergy to blueberrys, eggs. cows milk will this 10 food lisy help with trying to heal gut and also any vinegar like in pickles, salad dressings please help with this.

[Reply](#)

Dr. Jockers

January 13, 2019 at 3:17 pm

So sorry to hear that! Here is a helpful article: <https://drjockers.com/autoimmune-nutrition-plan/>

[Reply](#)

Jann

May 10, 2022 at 11:27 am

Dr Jockers I struggle with Histamine intolerance and I'm on a low histamine diet right now. Ive been told Bone broth can contain histamines but I WANT to heal my gut too! What do you recommend? Any smoothie recipes I can tolerate?

[Reply](#)

Dr. Jockers

May 18, 2022 at 9:45 am

Hello Jann,

Yes, I would recommend a good clean collagen protein which is low histamine such as this one: <https://store.drjockers.com/products/multi-collagen-protein-vanilla>
Reply

Patti

March 4, 2023 at 1:30 pm

Hi I too have histamine issues and avoid collagen but I'm sure my body needs some. I'm allergic to beef and the marine ones flare me. Any suggestions for a clean low histamine version that's bovine free?

Thanks

Reply

A L

July 31, 2022 at 2:25 pm

Has the pea protein, in the Gut healing protein, been tested for any type of heavy/toxic metals?

Reply

Dr. Jockers

August 1, 2022 at 4:07 pm

Yes we test for heavy metals and other contaminants and there are no detectable levels.

Reply

Susie

August 1, 2022 at 3:12 pm

I have problems with pea protein. Are there other proteins that are available? I'm having a hard time finding them to make smoothies, etc. Thank you!

[Reply](#)

Dr. Jockers

August 1, 2022 at 4:12 pm

Yes, I would recommend our grass-fed Whey Protein here: <https://store.drjockers.com/products/whey-strong>

[Reply](#)

AK

March 4, 2023 at 6:01 pm

Hello Dr J!

I have leaky gut/SIBO. Currently do a morning shake very similar to yours except I replace coconut milk with water as I'm sensitive to coconut-a products. Any alternative suggestions to get a healthy fat?

Blessings❤️

[Reply](#)

AK

March 4, 2023 at 6:02 pm

*coconut-based

[Reply](#)

Zeny cabangbang

March 5, 2023 at 2:32 pm

Like ur video recipe, my question is how can I increase my bone density t- score ? With protein, exercise, etc? Evenity is drug recommended, but I want to try first with nutrient dense nutrition. Thanks for any advice or recommendations. God bless. . Zen

[Reply](#)

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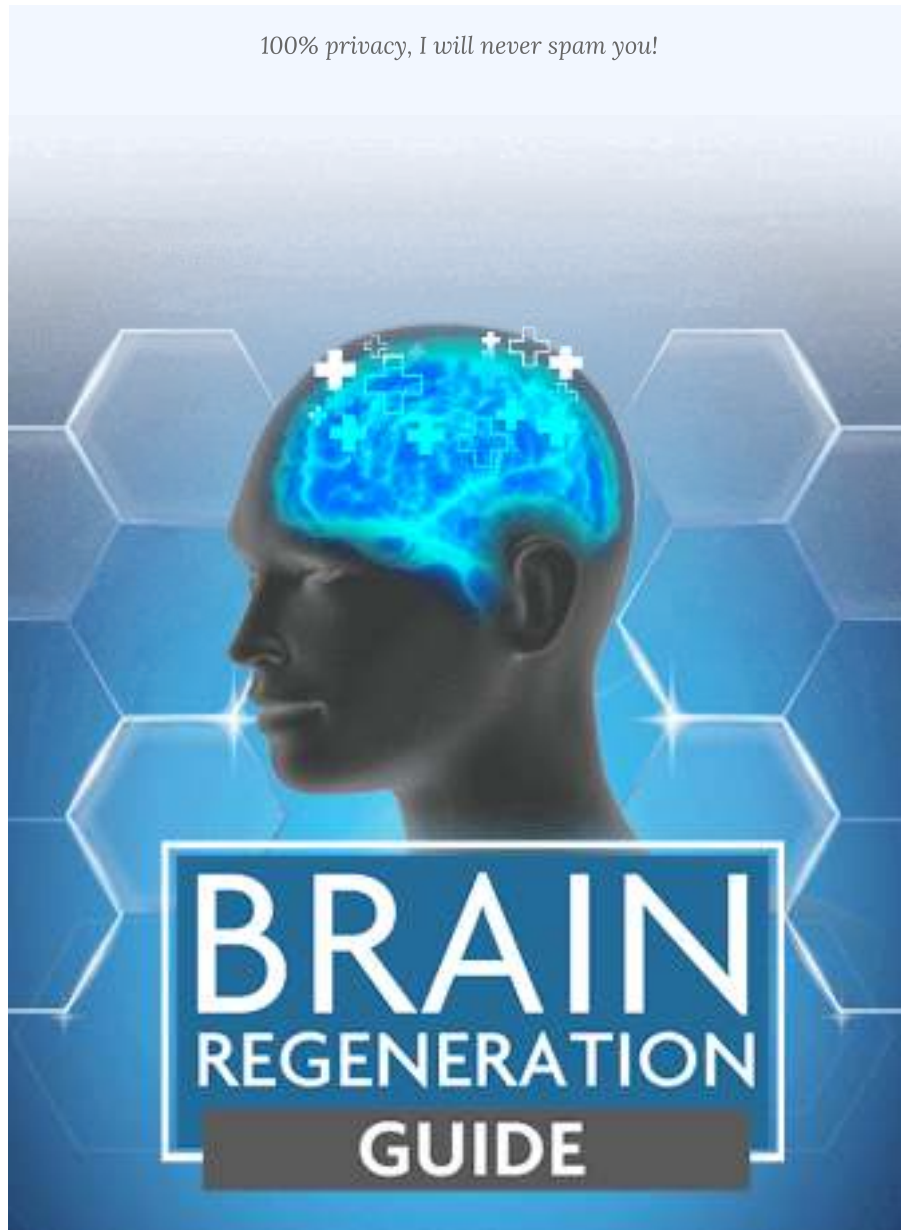
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