

## Healthy Smoothie\*

### Into blender place:

1 cup liquid	water; almond, rice, soy, or skim milk; or diluted 100% juice (1/4 c. juice + 3/4 c. water)
1-2 scoop protein powder (aim for 15-25 gm protein)	whey, rice, pea, egg white, organic soy or hemp
1/2 -1 cup no-sugar-added fresh or frozen fruit	If using fresh fruit, add ice cubes to make it slushy. Berries are best for the anti-oxidant benefit and small amounts of peaches or mangos mixed in can add flavor and variety
1 Tbs. ground or milled flax seed or flax oil	
1 Tbs. nut butter, <i>optional</i>	organic natural peanut, almond, cashew or sunflower seed butter to provide quality fat

Blend thoroughly; serve immediately.

**Serves 1**

May be frozen and eaten later but is best tasting fresh from the blender.

\*Use organic ingredients whenever possible.