

Welcome²Nutrition

Smoothie

1 serving

Ingredients

- ½ to 1 cup of plain, organic hormone-free yogurt (greek or soy if preferred)
- ½ to 1 cup of fresh or frozen berries, pineapple or banana slices
- 6-8 ounces pure water, organic rice milk, or soy milk
- one scoop soy-whey protein powder or a preferred (sugar-free) brand of protein powder
- sweeten to taste with Truvia, Xylitol or up to one tablespoon of agave, maple or raw honey

Preparation

1. Put all ingredients in blender, mix until smooth (takes about 1 minute).