

SMOOTHIE RECIPES

Smoothies are delicious, thick, creamy blends of fruits, fruit juices, and milk or yogurt, and have been popular for some time. They are catching on as an ideal breakfast, snack or meal for a person who does not have time to prepare a proper meal. They are quick and easy to make - all you need is a blender and the ingredients.

If you are vegetarian or suffer from milk sensitivities you can use soy milk, rice milk, almond milk or oat milk. Also, if you are watching your weight or are concerned about cholesterol, high blood pressure, or heart disease, choose low-fat milk and yogurt. For growing children and those concerned about osteoporosis it is best to use whole milk.

Basic Smoothie

all smoothies start with this
formula - you add the flavors you like

1 scoop **whey protein powder**
sweetener to taste (xylitol, stevia, agava nectar or honey)
1/2-1 cup fruit
2 Tb. Yogurt, any flavor
1 cup milk, your choice of type
2 Tb wheat germ or ground golden flax seed
blend until smooth, and add ice if desired
add flavor by trying -nutmeg, cinnamon, ginseng, mint, ginger etc.

Smoothie Boosters

Adrenal Power Powder

Phytototality a probiotic greens mix

Strawberry Dream

1 scoop protein powder
1/2 cup non-fat strawberry yogurt
1 cup strawberries
1 cup milk
wheat germ/flax optional
blend and enjoy

Tropical Refresher

3 oz mango
1 small pear
1/4 banana
1 scoop protein powder
pinch of cinnamon
milk
wheat germ/flax

blend and kick back

Banana Calmer

1 scoop protein powder
1/2 a banana
1 Tb honey
pinch of nutmeg
wheat germ/flax seed
blend and zen

Choc-o-lot love

1scoop protein powder
2 tsp unsweetened coco powder
1/2 cup chocolate non-fat yogurt
1tsp natural peanut butter
1 cup of milk
wheat germ or flax