

Berrylicious Smoothie

1/2 cup frozen blueberries (unsweetened)
1/2 cup frozen raspberries (unsweetened)
1/2 cup frozen strawberries (unsweetened)
2-3 tablespoons plain low fat yogurt
1 tablespoon honey or Agave
2 tablespoons **Flax Complete***
1-1/2 cup apple juice

**If these Natural Ovens products
are not available in your store,
contact customer service.*

Combine all ingredients in a blender. Blend until thick and smooth.
Makes two servings.

A word about smoothies: Smoothies can be a nutritious meal replacement. It is important to use the right ingredients to obtain the best nutritional value. Important tips: Use only frozen unsweetened fruit (avoid using crushed ice). Use honey or Agave to add desired sweetness. Use vanilla soy or rice milks to obtain a "creamier" smoothie. Use apple, orange, or pineapple juices to obtain a more "sorbet like" consistency. Add **Flax Complete*** for additional nutrition. Other supplements to consider are: vanilla soy or whey powder and powdered wheat grass.



Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist