

"Straw Anna" Smoothie

1/2 cup frozen strawberries
(unsweetened)
1/2 cup frozen bananas, sliced
1/2 cup frozen blueberries
(unsweetened)
2-3 tablespoons plain low fat
yogurt

1 tablespoon honey or Agave
2 tablespoons *Flax Complete**
3/4 cup orange juice
3/4 cup pineapple 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 nutritional 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