

WAKE-UP SMOOTHIE

PREHEAT: nothing

PAN: none

- ½ cup fruit of choice, fresh, washed, or frozen
- 1 cup yogurt (low-fat), plain or fruit of choice
- ½ cup 100% apple juice
- 2 ice cubes

Combine in blender and puree. Serve.

OPTIONS: Add ½ teaspoon flaxseed oil

Add ¼ teaspoon 100% vanilla extract

3 COLORS: white, golden, fruit color

FOOD CIRCLES: fruit, dairy (+ essential fatty acids option: flaxseed oil)

Number of Servings: 1-2

Serve with: Breakfast burritos, water

Comments: “Was good!” (mother of two)

GROCERY LIST

- Fruit of choice, fresh or frozen
- Yogurt (low-fat), plain or fruit of choice
- 100% apple juice

OPTIONS:

- flaxseed oil
- 100% vanilla extract