



Breakfast (or Snacktime) Smoothies*

Add YOUR choices for Protein, Flavor, Liquid, Fiber and Extra Healthy additions. Blend ingredients in a food processor, blender or with a hand blender.

YOUR Choices

Protein

Protein powder from whey, soy, or rice (20 gr./serving) OR
½ cup unsweetened yogurt with live cultures (Nanci's, Stonyfield Farms, homemade, etc.) OR
½ cup soy yogurt with live cultures OR
½ cup tofu OR
¼ cup whole raw nuts OR
2 Tbsp nut butter (preferably almond, hazelnut, etc.)

Flavor

Stevia or OmniBalance to taste OR
½ cup of fresh or frozen unsweetened fruit (such as blueberries, raspberries, marionberries, peaches, cherries mixed berries, etc.) OR
1 frozen banana OR
½ tsp. vanilla, almond or coconut extract

Liquid

1 cup of any of the following: purified water, soy milk, rice milk, almond milk, lite coconut milk, goat milk, fresh vegetable juice, or ice cubes with a little extra liquid)

Fiber

1-2 Tbsp. ground flax seeds
¼ cup shredded unsweetened coconut (toasted if you like the flavor)
1-2 Tbsp. psyllium seed
2 Tbsp. rice bran

Extra Healthy

1 Tbsp fish, flax, or blended EFA oil
Green vegetable concentrate powder

*Adapted from What's for Breakfast cookbook, available from the retail store at countrydoc.com. If you have an "extra special" recipe, please let me know, and I'll share it with others on my website!