

Recipe

Banana Breakfast Smoothie

- 1 cup, low fat milk
- 1 cup low fat yogurt (plain or vanilla)
- ½ cup crushed ice
- 1 TBL. Honey
- 1 TBL. Wheat germ
- (opt. ¼ cup peanut butter)

Place all ingredients in a blender and puree until smooth. Add more fruit if preferred.
Peanut Butter is optional-good protein source.

Recipe

Blueberry Yogurt Smoothie-great antioxidant!

- 2 cups blueberries
- 6-8 ice cubes
- 1 cup low fat yogurt
- Sparkling water or low fat milk
- Mild honey or sugar to taste

Put the blueberries in a blender with the ice cubes, yogurt and enough sparkling water or milk to be blendable. Blend to a thin froth, add more sparkling water or milk as required. Add honey or sugar to taste. Enjoy!