

Smooth Start Smoothies



NUTRITION CONSULTING INC.

It's your health. Take a stand.

Place the following ingredients into the blender and blend until smooth.

Berry Bonanza

1/3 cup skim milk powder
1/2 cup reduced-fat yogurt
1/2 cup unsweetened frozen berries
1/2 cup 100% unsweetened fruit juice
1/2—1 banana

Calories 381 Carbohydrate 69g
Protein 23g Fat 3g Fiber 4 g

Soy Sensation

1/3 package dessert tofu
1/2 cup canned unsweetened pineapple
1/2 cup unsweetened frozen berries
1/2 cup reduced-fat yogurt
1/2 cup skim/1%/soy milk

Calories 242 Carbohydrate 33g
Protein 19g Fat 5g Fiber 3g

Chocolate Monkey

1 banana
1 cup 1% chocolate milk
Ice for thickness if desired

Calories 286 Carbohydrate 53g
Protein 9g Fat 6g Fiber 3g

Make Your Own

Try any combination of the following
Ingredients:

- Fresh, frozen or canned fruit or unsweetened juice
- Yogurt, milk, powdered milk, tofu or cottage cheese
- Wheat germ or ground flax seeds