

## All-American Breakfast Smoothie

### Ingredients:

- Up to 1 cup ice cubes
- 3 to 5 frozen strawberries\*
- 1/3 cup frozen blueberries\*
- 1 small to medium sized banana
- 1/4 cup of your choice of juice (orange, apple, etc.)
- 1 to 2 Tbsp honey or sugar
- Up to 2 Tbsp ground flaxseed
- 1 scoop dairy whey or soy protein powder
- 1/4 teaspoon brewer's yeast

### Directions:

1. Blend all ingredients until smooth.

\*You can also use 1/3 cup of pineapple chunks with an orange plus a few scrapes of zest *or* pineapple chunks with 1/3 cup orange juice instead of strawberries and blueberries.

**Shared by:** Fay D. Williamson

### Registered Dietician Notes:

Calories: 363  
Protein: 25 g  
Carbohydrates: 70 g  
Fat: 2.2 g