

Magical Breakfast Blaster

2 servings ❖ 136 calories per serving

½ large ripe banana, broken into chunks (or other fruit of your choice)

1 scoop (½ cup) Soy Protein (like Nature's Plus Spiru-Tein:
naturesplus.com)

½ tablespoon flaxseed oil

¼ cup frozen blueberries

½ tablespoon apple juice concentrate or honey

1 teaspoon psyllium seed husks

8 ounces water

Combine all ingredients in a blender. Optional: Add a few cubes of ice, as well as powdered vitamins. Cover; blend until fairly smooth.

What's in it for you?

Total fat	2.6 g
Saturated fat	0.3 g
Healthy fats	2.4 g
Fiber	6.3 g
Carbohydrates	16.8 g
Sugar	11.1 g
Protein	29 g
Sodium	380 mg
Calcium	93.5 mg
Magnesium	33.1 mg
Selenium	1.8 mcg
Potassium	195 mg

