



NUTRITION CONSULTING INC.

## Smooth Start Smoothies

*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



### Chocolate Monkey

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

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



### 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

### Make Your Own

Try any combination of the following Ingredients:

- Fresh, frozen or canned fruit or unsweetened juice
- Yogurt, milk, powdered milk, tofu, cottage cheese or protein powder
- Wheat germ, ground flax seeds, hemp seeds, wheat bran or breakfast cereal

It's your **health.**



**Take a stand.**

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