



Ingredients

- 1 cup (250 mL) plain yogurt
- 2 Tbsp (30 mL) freshly ground flax seeds
- ¼ cup (60 mL) granola
- 1 Tbsp (15 mL) flaxseed oil or EFA-oil blend
- 1-2 scoops protein powder
- Fruit of your choice (bananas, strawberries, mango, blueberries, and papaya are excellent)

Instructions

Mix all ingredients. Chill before serving, and enjoy.

Makes 1 serving.