







## Ingredients

- 1 cup (250 mL) plain whole milk acidophilus yogurt
- 2 tbsp (30 mL) freshly ground flax seeds
- 1 tbsp (15 mL) Omega Essential Balance or Udo's Choice Ultimate Oil Blend
- ½ cup (125 mL) fresh fruit
- 1 cup (250 mL) organic fresh apple juice or juice of choice
- 3 ice cubes
- 1 scoop Whey Protein Powder

## Instructions

In a blender combine all ingredients and blend until smooth. Drink immediately.

Makes 1-2 servings.