



Ingredients

- 1 cup (250 mL) plain whole milk acidophilus yogurt
- 2 tbsp (30 mL) freshly ground flax seeds
- ¼ cup (60 mL) granola
- 1 tbsp (15 mL) Omega Essential Balance, or flaxseed oil, or Udo's Choice Ultimate Oil Blend fruit of your choice (bananas, strawberries, mango, blueberries, and papaya are excellent)

Instructions

Mix all ingredients and enjoy.

Makes 1 serving.