







## 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.