

Fruit Power Drink

Courtesy of Carole's Creations

Prep Time: 7 minutes

Serves: one 14oz. drink

CChints: This is a very healthy drink.

To maximize it, buy juice that is made with 100% fruit, unsweetened. Try buying a 32 oz jar and mix it with 1 quart water in a 2 qt. pitcher.

This juice will be more expensive but better for you. You can find juice, Flax Oil and Whey Protein Powder at your local health food store.

Great for a quick breakfast or power snack.

Protein powders can be purchased at health food stores and in some larger supermarkets.

Protein powders are designed to boost your energy and burn fat. It also helps hunger control when consumed 30-45 minutes before meals. Read the label on the container before purchasing and consuming.

- 1 cup fruit juice, like Cranberry or Pomegranate
- 1 cup chopped fruit. Select a peach, apple, pear, blue berries, banana or strawberries.
- 1 teaspoon Flax Oil (comes from Flaxseeds)
- 1/2 to 1 scoop Whey Protein Powder, unflavored

Get out your blender. Add all the ingredients to your blender. Blend on low for 10 seconds move to a higher speed for 10 more seconds until fruit is nearly pureed. Pour into a 16oz. glass and enjoy.

CChints: You can use one fruit or combine use only 1/2 cup of 2 fruits. You can mix it up daily to get a different flavor each day.

1 scoop of Whey Protein Powder has approximately 90 calories, 1g fat, 2g carbs, 19g protein and 75% of daily requirements for Thiamine, Riboflavin, Vitamin B6, Pantothenic Acid and 22% of your calcium needs. Add the fruit and flaxseed oil and you have a very healthy drink.

