

Power Protein Shake (August 2006)

Serves 1 | Prep time: 3 minutes | Blend time: 30-60 seconds

1 T ground flax seed
½ banana
1 cup berries (blue/black, raspberries or strawberries, fresh or frozen)
1 cup milk (cow/rice/soy)
1 serving soy/whey/rice protein powder (as indicated on container)
½ tsp vanilla
½ tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground nutmeg

1. Grind flax seed in coffee grinder, or in blender (coffee grinder works best) for 20 seconds.
2. Add all ingredients to a blender, including ground flax.
3. Blend for 40 seconds or until banana is smooth.
4. This can be sweetened with a small amount of stevia, maple syrup or honey.
5. Serve and enjoy!

This shake is a great choice when you are running short on time.

The Power Protein Shake:

- *can be made hypo-allergenic*
- *is a good source of protein, fiber and omega 3 fatty acids*
- *good source of anti-oxidants*
- *has cinnamon to help stabilize blood sugar*
- *has ginger to help digest and is anti-inflammatory*
- *will leave you feeling full until lunch*

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