



Fruity Flax Smoothies

A quick and tasty smoothy with a nutty fruity flavor.



Makes 2 large glasses

2 tbsp	flax seeds or ground flax seed (more or less to your taste)	30 mL
1 cup	fresh* or frozen fruit (strawberries, blueberries, mangoes, blackberries, raspberries, peaches, pineapple etc. Experiment with your own mixture or choose one of the many mixed frozen berry and fruit blends.)	250 mL
1	fresh or frozen banana*	1
1/2 cup	pineapple with juices, optional	125 mL
1 cup	skim, plain soy or rice milk	250 mL
3/4 cup	low-fat yogurt (any flavor)	175 mL

* **NOTE:** If using fresh fruit you may want to add a handful of ice cubes to thicken it up.

Directions:

- ▶ Place flax seeds into blender and grind until fine. This step is not necessary if using ground flax seed.
- ▶ Add the rest of the ingredients and blend until smooth.
- ▶ Pour and enjoy!