



Breakfast or Anytime Smoothies

(You can choose low fat options of the below ingredients if you choose)

Basic smoothie

250 mls cow's milk or soy

½ cup plain or flavoured yoghurt

1 teaspoon psyllium seed husks

1 teaspoon flaxseed meal

Spoon of honey to taste

Jazz them up options to add to basic smoothie:

1. a small banana
2. ½ a mango
3. 1 cup of berries or an assortment
4. peeled kiwi fruit
5. ¼ cup of nuts like almonds, walnuts or macadamia
6. good shake of cinnamon goes well with walnuts
7. good shake of cardamom goes well with almonds
8. 2 teaspoons (dissolved in a little water) coffee substitute like Caro or Ecco