

CJ'S SMOOTHIE

Serves 3 (16 ounces each)

194 calories per serving; 24g CHO; 6g FAT; 11g PRO; 12g fiber

3 cups filtered water

2 scoops soy, rice, hemp, or whey protein powder

1 16-ounce bag frozen unsweetened fruit

1 banana

1 1/2 tablespoons flaxseed oil or flax meal

Combine ingredients in blender. Cover and blend at high speed about 1 minute. Keep refrigerated until served.