

Healthy Shake



This shake is a nice balance between Protein, Carbohydrates, and Fat. It's a good source of Fiber, Calcium, omega 3 fats, antioxidants, and phytochemicals. Enjoy!

Ingredients: Ground Flaxseed, Almond beverage, Whey Protein Powder, Bananas, Blueberries, Strawberries.

Put 1-2 servings of fruit into blender (1/2 banana or 3/4 cup berries), Pour 8 ounces of Almond Beverage into blender. Add ice and/or water depending on how thick you want to make it. Start blending. As it's blending add 1-2 tablespoons of ground flaxseed and add 12-25 grams whey protein (for Jay Robb that is either 1/2-1 scoop powder). Continue to blend a few minutes. If it is too thick to blend add more water. Pour into your favorite glass and enjoy.

240-400 calories, 12-25g protein and 5-10 g good fat, 3-6 g fiber, 300 mg calcium. The range in calories, protein and fat start with using the bare minimum ingredients.

Make sure to get whey protein without any vitamin, minerals, extra amino acids, energy enhancers, or MSG. Jay Robb, Designer Whey, and Jarrow are good brands and can be found at Henry's or Whole Foods.

Yogurt can be used instead of protein powder. Use about 6-8 ounces of a light and fat free version.

Make sure the fruit is whole either fresh or frozen. Try organic. No juices unless you are a high endurance athlete and need the extra calories.

Flaxseed has to be ground to reap the benefits. Grind for 10-15 seconds.

Enjoy! Vince Alvarez, RD, NSCA-CPT