



# Jennifer's Mixed Berry Breakfast Smoothie

Simple to make and easy to drink, this frozen mixed berry smoothie makes a speedy breakfast on-the-run or a fantastic post-workout recovery shake. This delicious and drinkable breakfast boasts **7 grams of fibre, 12 grams of protein, and 35% of your day's worth of calcium**, and also contains ingredients from each of the four food groups.

Prep: 1 minutes • Total: 3 minutes

## Ingredients:

Frozen mixed berries	1 cup	250 mL
Skim milk	1 cup	250 mL
Ground flax seed	1 Tbsp	15 mL
Uncooked large flake rolled oats	2 Tbsp	30 mL
Ice cubes (optional)	as desired	as desired

## Directions:

1. Combine all ingredients in a blender or Magic Bullet.
2. Blend until all frozen fruit is pureed. Add ice as required to achieve desired consistency.
3. Pour into a drinkable thermos and go!

## Nutrition Facts

Serving Size (402g)

Servings Per Container

Amount Per Serving

**Calories 220**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 105mg**      **4%**

**Total Carbohydrate 38g**      **13%**

Dietary Fiber 7g      **28%**

Sugars 24g

**Protein 12g**

Vitamin A 0%      • Vitamin C 30%

Calcium 35%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Jennifer Broxterman's Kitchen*

Makes 1 servings (402 g / serving) • 1 serving = 1.5-2 cups of smoothie

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