



Dawn's Easy Smoothie

- * 1 Cup Almond Milk (or 1/2 cup almond milk, 1/2 cup water, or 1 cup water)
- * 1 Scoop vanilla protein powder (I like Sun Warrior, Orgain or Vega. You can even use chocolate if you like that better!)
- * 1 teaspoon chia seeds (*These guys are nutritional sprinkles!)
- * 1 Banana
- * 1 Cup Frozen Strawberries (or 1/2 cup strawberries, 1/2 cup blueberries)
- * (Optional) 1 tablespoon Almond Butter

Add all ingredients to pitcher and blend until smooth. Enjoy!

Note: the protein powder and the almond butter help keep you full for hours!

*Chia seeds are like nutrition sprinkles! You can put them on anything and they don't have a taste so you can't not like them!

They have the ability to boost the health quotient of just about any meal or snack. They contain soluble fiber, which can act like a cholesterol-magnet, helping to escort it out of the body. Chia seeds also contain omega-3 fats, which have been shown to help reduce harmful triglycerides. Sprinkle them on salads, put them in smoothies or even in pancakes, and while you're sprinkling sing that old Chia jingle...cha-cha-cha chia!!!