



I drink a smoothie almost every morning for breakfast, varying the fruit. It's a delicious, easy way to start the day!



Serves 1

Berry Smoothie

1 cup SCD yogurt (see recipe in the Snacks section or follow the instructions in *Breaking the Vicious Cycle* by Elaine Gottschall)

1 speckled banana

$\frac{1}{2}$ cup frozen blueberries

$\frac{1}{2}$ cup strawberries (fresh or frozen)

Honey to taste (start with 1-2 Tbs.)

Place all ingredients in a blender. Mix until smooth, and pour into a large cup to sip on the way to work, or on your morning rounds.

If you wish, you can add a teaspoon of Flaxseed Oil for you Omega-3 daily intake.

Variations:

For a Tropical Smoothie, substitute $\frac{1}{2}$ c. Dole Pineapple canned in its own juice for the blueberries.

Or, use $\frac{1}{2}$ c. Costco's Wawona Festival Blend Mixed Fruit from the frozen foods section.

Try your own creations!