



## ENERGIZER SHAKE!

### Ingredients:

6 ounces of tofu (organic, soft or “silken” packed in water, rinse and drain) or ¼ cup nonfat dry milk powder or powdered egg whites (available at Whole Foods, in the baking section, Bob’s Red Mill brand)

6 ounces organic plain low fat yogurt (Fage 0% Greek Yogurt is best for lower carbohydrates to fit in the fruit carbs.)

1 small banana

½ cup strawberries

1 cup frozen blueberries

½ cup fruit of your choice (e.g. frozen peaches, mixed berries, or cherries)

4 cups of organic unsweetened soy milk (try “Silk” or Trader Joe’s brand)

Optional –for added fiber and omega-3 essential fatty acids, stir in a Tablespoon of ground flaxseed (try Organic Bob’s Red Mill whole ground flaxseed meal) to the cup you drink, so it doesn’t get rancid, you need to drink it right away.

**Directions:** In a blender, put all ingredients together. If you like a thinner shake, add water and use less milk. Put the top on the blender, chop, blend, and whip. You’re all set for an energizing breakfast or snack. Add a piece of whole wheat/grain toast or a small bowl of >5 grams dietary fiber cereal with the shake for even more sustainable energy. Make this shake the night before, keep it in the blender and store it in the refrigerator. The next morning, just press whip, and you’ve got a quick and easy “on-the-go” energizer.

Serving size: 1.5 cups

Total servings: ~4

Nutrition Analysis **per serving:**

239 Calories, 31 grams Carbohydrates, 16 grams Protein, 6 grams Fat