



Constance's Stage Left

March 2015

PAT'S MORNING SHAKE

1/2 cup nonfat Greek yogurt-12 g protein

1/2 unsweetened almond milk-25% RDA calcium, 25% RDA vitamin D, 5% potassium

1 cup fresh frozen wild blueberries-25% dietary fiber, 25% potassium and high in antioxidant capacity

1 cup fresh frozen strawberries-90% RDA vitamin C, 6% iron, 6% fiber

3 frozen dark sweet cherries

1 tbsp 100% natural, gluten free oats-5% RDA Iron, thiamin, phosphorus, magnesium, 3% protein

1/4 tsp fresh ground cinnamon -anti-inflammatory

1/3 banana -potassium and fiber

1/2 cup soda water

6 ice cubes

Tips from Pat: Frozen fruits are available year round, but you can go with what you have on hand and in season. After you peel the banana quarter, put in freezer bags the night before. Shake out the bag into the blender for an easy, healthy breakfast. If you want it a little sweeter put in a drizzle of locally harvested honey. A little bit goes a long way and it helps with pollen allergies.

Enjoy!

*RDA = Recommended Daily Allowance