

Fruit Smoothie



Plan Z Phase: This is a Z3 (ZReboot) recipe. This smoothie recipe is a great breakfast drink for those on the go. It is also a great mid-afternoon snack for those who want to get more calories in ZReboot. It even makes a great dessert!

This tastes like a luscious thick shake.

Serves: 2 Servings

Ingredients:

- $\frac{1}{2}$ cup of full fat Greek yogurt (Fage, Total is the one I used. Be careful not to get 1%, 2% or 0%. Get Total)
- A handful of frozen fruit. I love mango but lots of other fruits work, too.
- 1 cup of unsweetened coconut milk (SO Delicious is my favorite. Find it in healthy grocery stores in the refrigerated section. Usually near the soy milk. Do not use the stuff in a can. That's for Thai cooking and is not the same!).

Optional...

- A sprinkle of nutmeg or cinnamon or even pumpkin pie spice

mixture

- Up to one tsp of Truvia for sweetener (some fruits don't need any sweetener)
- 1 Tbl of flaxseed OIL (get this in the vitamin section. It's refrigerated. Your skin, hair and nails will love it. Also gives a calorie boost for those trying to maximize calories on ZReboot).

Instructions:

In a blender, add the yogurt, fruit and the coconut milk. Whiz until blended. If you like your smoothie runnier add more coconut milk.

Taste.

If you want you can add the other elements (all or as many as you want) and blend again.

Serve.

Serving Suggestions:

This is my breakfast probably 3 days a week. I can just drink it at my desk and get right to work!

You can even make this thicker by adding more fruit or ice and eat it with a spoon!

Enjoy!

Cheers,

