

Power Shake

Makes 2-3 servings

Ingredients

- 1½ cups of mixed frozen berries
- 1 cup of pineapple, pomegranate or cherry juice
- ½ cup of water
- ¾ cup of unsweetened soy milk
- 1½ tsp of ginger root
- 1 tbsp of flax oil
- 1 tbsp of probiotic power liquid

Directions

Combine all ingredients in a blender and puree until smooth.



Recipe courtesy of:
www.besthealthmag.ca

193 Calories per serving

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