

T.J.'s Power Drink

Yield: 1 ½ cups

My oldest son, T.J., came up with this great smoothie recipe. It really packs a high-protein punch!

¼ cup skim milk
1/2 cup low- fat yogurt
1 cup fruit
1/3 cup whey protein powder
2 tablespoons ground flaxseed
1 to 2 tablespoons honey (if desired)

Nutrition Information

Calories 301	Fat 10 g	Fiber 8 g
Carbohydrates 24 g	Omega-3 Fats 3931 mg	Calcium 360 mg
Protein 29 g	Cholesterol 9 mg	Sodium 190 mg