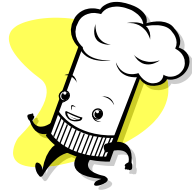


Deconstructed PB&J Smoothie



Ingredients:

- 1c Milk (soy, almond or cow)
- 1c Vanilla Greek yogurt
- ½ c frozen strawberries
- ½ c frozen blueberries
- 2T nut butter of choice
- 1t ground flaxseed

- Frozen waffle, toast or bagel

Tools:

Blender, Dry measuring cups, Liquid measuring cup, measuring spoons

Directions:

1. Put all the ingredients into the blender.
2. Blend until smooth.
3. Serve with toast, bagel or frozen waffle.

