



## Omega-3 Flax Fruit Smoothie

1 heaping teaspoon Natunola® health's delight Shelled Flax Meal  
150 ml (5 oz) cold milk

100 grams (1/3 cup) vanilla or fruit yogurt  
 $\frac{1}{2}$  ripe banana, chopped  
 $\frac{1}{2}$  cup berries of your choice  
50 ml (1.5 oz) orange juice

Add Natunola® health's delight Shelled Flax Meal and milk in a cup and stir gently. Set aside for 10 minutes, stirring once or twice.

Add Flax Meal mixture to remaining ingredients in a blender and blend until smooth. For variety try adding ice or using other flavour ingredients, such as cocoa, coffee, vanilla or exotic fruits such as mango, papaya, etc.

Yields 2 servings.



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