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Basic Smoothie Recipe

2 scoops protein powder (Rainbow Light, highly recommended)

½ to 1 teaspoon metafiber or powdered flax fiber

1 Tablespoon flax oil or fish oil

1 to 2 capsules probiotics **STIRRED** into blended smoothie (OPTIONAL)

Combine protein powder, metafiber, and oil together in a blender with 12 to 16 ounces of water or rice/almond/hazelnut/hemp milk. Add fresh or frozen blueberries, raspberries, strawberries, or blackberries into this mix for taste and/or texture. Goat or water buffalo yogurt can be added also for texture modification. Uncap probiotic capsule(s) and **STIR** into blended smoothie.

REMEMBER:

DO NOT turn on blender to incorporate the probiotics.

STIR/FOLD them into the mixture.

Drink 1 to 2 smoothies per day.