



Dot's Original Breakfast Shake Recipe

- 1 cup almond milk, original flavor (can also use hemp or soy milk, unsweetened is better)
- ½ cup water
- 1-1/2 scoops protein powder (Designer Whey, Vanilla, available at Trader Joe's or online)
- 1 tsp to 1 Tb Flax Oil
- 1 rounded tsp almond butter, unsweetened
- ½ cup frozen fruit, unsweetened, available at TJ. Use berries
- ½ cup frozen peas (for added fiber, good idea, can be optional)

Put all ingredients into blender and blend until smooth. Makes about 2 cups. Great for breakfast!