

Flaxseed Smoothie (Quick & Energizing)

 Recipe	Flaxseed Smoothie
 Prep Time	5 minutes
 Servings	1

Ingredients

- 1 banana
- 1 cup plant milk (almond, oat, or soy)
- 1 tbsp flaxseed meal
- ½ cup frozen berries
- 1 tbsp nut butter (optional)
- 1 tsp honey (optional)

Instructions

1. Add all ingredients to blender.
2. Blend until smooth.
3. Serve chilled.

Nutrition (per serving, approx.)

Nutrient	Value
Calories	280
Fiber	6 g
Protein	7 g
Omega-3 ALA	1.6 g
Natural Sugars	12 g