



Sarah's breakfast smoothy

300ml of calcium enriched soy milk

Handful of blueberries/raspberries

One peeled kiwi fruit

1/2 one banana

1 dessertspoonful flaxseed oil

1 heaped dessertspoonful LSE or SLAP (ground seed mix)

Put all the ingredients in a liquidiser (or stick mixer) and process.

Enjoy!!

I have this for breakfast every day and find it satisfies my appetite until lunchtime easily. It is also highly nutritious giving you protein, calcium, potassium many vitamins including lots of vitamin C and your daily Omega 3 requirement.