



Health Tip from Your Friendly Neighborhood Naturopath

Eat a Nutrient Dense Breakfast Daily!

To skip breakfast or to not skip breakfast

- Most people believe that a steaming coffee in the morning is a good energy booster, only without a good breakfast, it can be followed by an energy nose-dive.
- Eating breakfast in the morning can improve your memory, concentration and make you calmer.

Make this smoothie every morning for breakfast. It's rich in vitamins, antioxidants, fiber, omega-3 fats, protein, and so much more!

Ingredients:

- 1 banana
- 1/2 apple
- 1 kiwi, peeled
- 1/2 cup frozen mixed berries
- 1 cup orange juice
- 1/2 cup rice milk
- 1/2 cup nonfat plain yogurt
- 1/2 cup tofu
- 3 tablespoons unsalted natural almond butter
- 2 tablespoons aloe vera juice
- 2 tablespoons flaxseed oil
- 1 teaspoon barley grass powder (optional)

Directions:

1. In a blender, combine banana, apple, kiwi, mixed berries and orange juice. Blend until smooth. Add soy milk, yogurt, tofu, almond butter, aloe vera juice, flaxseed oil, and barley grass powder. Blend again until well blended.
Pour into glasses and serve.

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