



trifit

health. energy. performance.

Breakfast To Go

A meal in a glass, this quick bone-building breakfast will keep you going until lunch!

INGREDIENTS

1 cup (250mL) 2% milk
½ cup (125mL) frozen blueberries
½ cup (125mL) plain 2% Greek yogurt
¼ cup (65mL) uncooked old-fashioned oats
1 Tbsp (15mL) ground flaxseed

DIRECTIONS

Combine all ingredients and blend until smooth. Makes 1 serving.

Nutrition Info: Cal 361; Fat 11.4g; Protein 22.5g, Sodium 198g; Calcium 45% of Daily Recommended Intake; Vit. D 25% of Daily Recommended Intake.

Source: <http://recipes.prevention.com/Recipe/breakfast-to-go.aspx>