



Issue # 526

October 14, 2014

Superfood Smoothie

Smoothies aren't just a summer fad. This breakfast blend of fruit, milk and seeds is full of protein, calcium and fiber to get your day started right. Strawberries contain ellagic acid, which may act as an antioxidant and decrease inflammation. Chia seeds are loaded with fiber, rich in omega-3s and a good protein source. A sweet quick-fix with the same amount of fiber as a bowl of oatmeal for less than 250 calories.

Strawberry Chia Smoothie

3/4 cup skim milk
4 tsp. chia seeds
1 cup fresh strawberries
1 Tbsp. strawberry fruit spread, or to taste
2 tsp. orange zest
1/2 tsp. chopped fresh ginger
1/2 tsp. vanilla extract

In blender, place milk and chia seeds and let sit while measuring remaining ingredients.

Add strawberries, preserves, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into tall glass and serve immediately.

Makes 1 serving.

Per serving: 249 calories, 5 g total fat (<1 g saturated fat), 44 g carbohydrate, 9 g protein, 9 g dietary fiber, 90 mg sodium.

