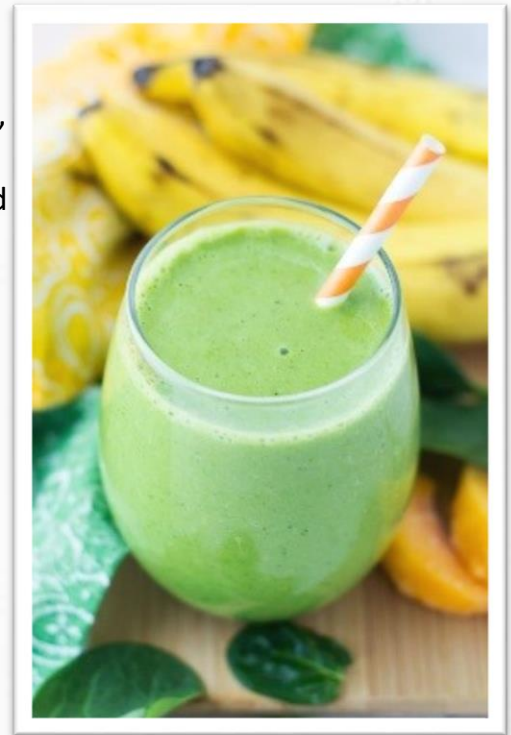


# Fruit & Flax Smoothie

A new option for your smoothie add-ins!

Flax seeds offer many benefits and can be added to smoothies, oatmeal and baked goods without greatly altering taste or texture! To get the most from your flax seeds, choose a ground or milled option, these are better digested and used by your body.

- Omega-3 essential fatty acids. Each tablespoon of ground flaxseed contains about 1.8 grams of omega-3s. These are heart healthy fats which provide many health benefits.
- Fiber. Flaxseed contains both the soluble and insoluble fiber, helping bowel regularity and may help lower your cholesterol and stabilize blood sugars. Lowering your cholesterol helps prevent the buildup of plaque, which can clog arteries and lead to high blood pressure, stroke, or heart attack.
- Reduce bone loss. A study of diabetic rats showed a delay in bone loss after they were fed flaxseed. This is believed to be due to the fatty acid distribution found in flax seeds.
- Increase immunity. Alpha Linolenic Acid (ALA) is an essential fatty acid has been shown to decrease inflammation and helps improve your immune system. ALA is often used as part of the treatment for diseases such as rheumatoid arthritis (RA), multiple sclerosis (MS), lupus, diabetes, renal disease, ulcerative colitis, and Crohn's disease.



## Ingredients

½ C 100% Orange Juice  
½ C Water  
¼ C non-fat vanilla yogurt  
1 C spinach  
1 C pineapple  
½ banana  
1 T flax seed  
About 6 ice cubes

## Directions

1. Add all ingredients, cover and puree until smooth
2. Serve immediately or freeze for later. Enjoy!

Yields - 16 oz.

Calories: 252  
Sodium: 54 mg

Fat: 3 g  
Fiber: 7 g

Protein: 7 g

Carb: 56 g