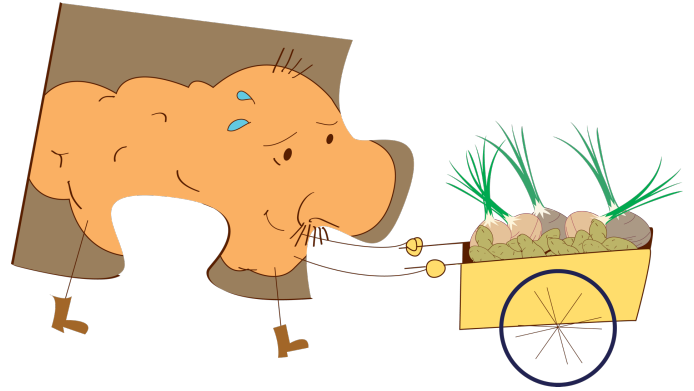


Mr. Sweet Potato's Tasty Fruit Smoothie

Ingredients

- 1 cup frozen fruit (i.e., pineapple, mango, cherry, strawberry, raspberry, blueberry, peach, banana)
- 1 serving whey protein powder (i.e., French Vanilla Designer Whey or Whole Foods 365)
- 1 cup/8 oz cranberry water*
 - ¼ tsp stevia, or to taste
 - 1 tbsp flaxseed oil
 - ½ cup crushed ice



Instructions

1. To make the *cranberry water, you need to buy pure, unsweetened cranberry juice. Make sure to check the label to avoid buying a cranberry juice sweetened with sugar or other juices. Knudsen makes an unsweetened cranberry juice that can be bought at your local grocery store. Use a 32 oz. jar/bottle (can be an empty juice bottle) and pour 4 oz. of cranberry juice in the bottom. Fill the bottle full with water.
2. For the fruit smoothie, combine any variety of frozen fruit together to make 1 cup of fruit. Place the fruit and all other ingredients in a blender. Mix until rich and creamy. Serve with a straw.
3. If you want your smoothie thinner, add up to ½ cup water until you arrive at your desired consistency. Blend completely.
4. To add a twist of flavor, include ½ tsp. fresh crushed mint or a dash of ground ginger to any smoothie.

Prep time: **10** minutes

Cook time: **0** minutes

Ready in: **15** minutes

Course: Breakfast or Snack

Serving size: **8** ounces

Yield: **2** servings

Calories: **118** calories per 8 ounce serving

Menu: 2- 8 ounce or 1- 16 ounce smoothie