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Strawberry Smoothie

Ingredients

500 ml	Fresh strawberries	2	cups
125 ml	Vanilla yogurt	1/2	cup
30 ml	Golden Flax Flour	2	Tbsp
65 ml	Sugar, white	1/4	cup
2.5 ml	Vanilla extract	1/2	tsp
125 ml	Water	1/2	cup
	Chopped ice - optional		
125 ml	Champagne or sparkling water	1/2	cup

Yield: 2 servings

Combining the extraordinary functional benefits of strawberries and flax, this smoothie is a powerhouse of nutrients.

1. Combine the fresh strawberries, yogurt, flax flour, sugar, vanilla extract and water in a blender.
2. Blend to puree.
3. Stir in the chopped ice, champagne or sparkling water, as desired.
4. Divide between 2 tall glasses.
5. Serve immediately.

Nutrient Facts Per

Calories / Calories.	316	kcal
Fat / Lipides	7	g
Saturated / Saturés	1	g
Trans / Trans	0	g
Cholesterol / Cholestérol	3	mg
Sodium / Sodium	46	mg
Carbohydrate / Glucides	53	g
Fibre / Fibres	7	g
Sugar / Sucres	43	g
Protein / Protéines	7	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	158	%
Calcium / Calcium	17	%
Iron / Fer	14	%

