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Blueberry Cooler

Ingredients

250 ml	Milk, 1 %	1	Cup
250 ml	Frozen yogurt, vanilla	1	cup
125 ml	Fresh or frozen blueberries	1/2	cup
20 ml	Golden flax flour	4	tsp

1. Place all ingredients in a blender and process until smooth.
2. Serve immediately with a fresh sprig of crushed mint.

Yield: 2 servings

This cooler is a delicious load of anti-oxidants which can help your immune system fight off injury and disease.

Each serving provides 2 tsp of flax flour.

Nutrient Facts Per

Calories / Calories.	233	kcal
Fat / Lipides	9	g
Saturated / Saturés	3.6	g
Trans / Trans	0	g
Cholesterol / Cholestérol	8	mg
Sodium / Sodium	120	mg
Carbohydrate / Glucides	33	g
Fibre / Fibres	3.4	g
Sugar / Sucres	28	g
Protein / Protéines	9.4	g
Vitamin A / Vitamin A	3	%
Vitamin C / Vitamin C	7	%
Calcium / Calcium	28	%
Iron / Fer	8	%

