

Blueberry banana protein smoothie

Run out of ideas for breakfast? A fruit/protein smoothie is the perfect way to start your day with some good protein in a delicious and satisfying way. Plus this is a fabulous way to fire up your metabolism (your calorie burning potential). If you don't eat something, your metabolism goes into energy-saving mode. In other words, you burn fewer calories. If you want to avoid feelings of sluggishness and sleepiness between 2:00 and 4:00 p.m. and out-of-control eating in the evening, you may want to consider this smoothie rather than skipping breakfast.

Ingredients:

- ½ cup blueberries (frozen or fresh*) - you can change the berries: strawberries and bananas is a great combo.
 - ½ banana
 - ¼ cup organic plain yogurt (optional)
 - 1 cup soy milk or brown rice or unsweetened almond milk
 - 1 tbsp ground flaxseeds or chia seeds
 - 1 scoop protein powder (whey or hemp or soy- or plant-based)
 - Sprinkle of cinnamon for some blood sugar balance
- *I always add one ice cube if the berries aren't frozen.

Directions:

Combine all the ingredients in a blender and blend until smooth. If it is too thick I add about ½ cup purified water. I also often add a handful of spinach for some green goodness.

Contributed by Linda Houle-Robert — a francophone Registered Holistic Nutritionist in Orleans and a marathon runner. She can be reached at lhoulerobert@yahoo.ca