

Yvonne's Lunch – In Between:

Banana-Peach Smoothie

Yield: - 2 x 220gm./8-ounce servings

Ingredients: -

280gm./10 oz.	yogurt, kefir, OR coconut milk/cream
1-2 raw	eggs (optional)
1 tablespoon	extra-virgin coconut oil
1 tablespoon	flaxseed oil OR hemp seed oil
1-2 tablespoons	honey, raw
1 tablespoon	protein powder (optional)
½-1 cup	fresh OR frozen peaches
1 each	fresh OR frozen banana
½ teaspoon	vanilla extract (optional, to taste)

Directions: -

Combine all ingredients in a high-speed blender, and blend until desired texture.

Berry Smoothie

Yield: - 2 servings

Ingredients: -

280gm./10 oz.	yogurt, kefir, coconut milk, OR cream
1-2 raw	eggs (optional)
1 tablespoon	extra-virgin coconut oil
1 tablespoon	flaxseed oil OR hemp seed oil
1-2 tablespoons	honey, raw
1 tablespoon	milk protein powder (optional)
½-1 cup	fresh OR frozen berries (blueberries, strawberries, raspberries, blackberries)
	Vanilla extract (optional, to taste)

Directions: -

Combine all ingredients in a high-speed blender, and blend until desired texture.

Creamsicle Smoothie

Yield: - 2 x 8-ounce servings

Ingredients: -

170gm./6 oz.	yogurt OR kefir
110gm./4 oz.	freshly squeezed orange juice
1-2 raw	eggs (optional)
1 tablespoon	flaxseed oil OR hemp seed oil
1-2 tablespoons	honey, raw
1 tablespoon	protein powder (optional)
1-2 each	fresh OR frozen bananas
	Vanilla extract (optional, to taste)

Directions: -

Combine all ingredients in a high-speed blender, and blend until desired texture.

**After dinner sit a while, and after supper walk a mile.
~English Saying**