

**** WEIGHT LOSS SHAKE RECIPE ****

BLUBERRY VANILLA SMOOTHIE

*** Ingredients :

Blueberries/fresh or frozen	1 Cup
Pineapple chunks (optional)	1/2 Cup
Milk or Non-Dairy liquid	1 - 2 Cups
Oats/ raw	1/2 Cup
Chia/Flax Seeds	2 Tbs.
Vanilla creamer	1 Tbs.

*** Mix all in a blender until smooth - add more milk if needed depending on desired consistency....Enjoy !