



Fitness By Dot

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Dot's Original Breakfast Shake Recipe

1 cup almond milk, original flavor (can also use hemp or soy milk, unsweetened is better)
½ cup water
1-1/2 scoops protein powder (Designer Whey, Vanilla, available at Trader Joe's or online)
1 tsp to 1 Tb Flax Oil
1 rounded tsp almond butter, unsweetened
½ cup frozen fruit, unsweetened, available at TJ. Use berries
½ cup frozen peas (for added fiber, good idea, can be optional)

Put all ingredients into blender and blend until smooth. Makes about 2 cups. Great for breakfast!