

Beverages

<i>From the Kitchen of Premium Gold Flax Products</i>	
Fruit-n-Flax Smoothie	
<ul style="list-style-type: none"> • 2 cups ice • $\frac{1}{2}$ cup each of two fruits (blueberry–banana) • 1 small container of yogurt of your choice of plain or flavored 	<ul style="list-style-type: none"> • $\frac{1}{2}$ cup of skim milk or soy milk • 1/8-1/4 cup of Premium Gold True Cold Milled flax seed • 1 tablespoon of Premium Gold Concentrated Flax Hull Lignans
Place all ingredients into blender. Talk about a healthy energy drink!	
<i>From the Kitchen of Thunderbird Ranch Enterprises LLC</i>	
Fruit Dip Smoothie	
<ul style="list-style-type: none"> • 2 Cups vanilla ice cream or frozen yogurt • 2 Tbls Fruit Dip Mix • 1 Cup milk or Vanilla Soy Milk • 1 Cup crushed ice 	
Combine all ingredients in a blender and blend until smooth. Serve immediately.	
Serves 2 to 3	
Tip: Add 1 to 2 cups fresh or frozen fruit (bananas, strawberries, blueberries, raspberries, etc.)	