

# Recipe of the Week

## Breakfast Smoothie

Breakfast is a great opportunity to put the required nutrition into your body to get you through the day. It is gentle on your waking digestive system and helps in balancing your sugar levels

### Ingredients

200g frozen mixed berries or frozen fruit salad with juice  
120g frozen banana  
5 almonds  
1 tsp flax seed  
1 tsp sesame seeds  
1 tsp sunflower seeds  
1 tbs soya milk powder (optional)  
500g apple juice  
Honey

### Method

- Place all ingredients into the TM bowl and blend **40 secs / speed 8** until you have a smooth drink

#### *Optional additions*

*Mineral complex, EFA's, extra fibre, Gingko Biloba*



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