

Simple codes indicate macronutrient content of each meal

Valuable for making substitutions & controlling portion sizes

## BREAKFAST

### Banana Blueberry Breakfast Blend

Yields 1 Portion: 4C, 3P, 3F

Indicates sources or "exchanges" of macronutrients:

- 1 CHO = 15g
- 1 P = 7g
- 1 F = 5g

#### Ingredient List

1C 1F 1P
1P
1C
1C
N/A
N/A
1C 2F 1P

- 1 cup low-fat plain kefir (organic)
- 1 tablespoon whey protein powder
- 1/2 banana
- 3/4 cup frozen blueberries (wild)
- 1/3 cup water, (as needed)
- Stevia, (pinch to taste, optional)

1/4 cup Flax Almond Fiber Mix ☀

Symbol to easily identify which ingredients have been pre-made during bulk cooking sessions

In blender, combine kefir, protein powder, fruit, water and stevia. Blend until smooth adding additional water as necessary for desired consistency.

Once smooth, add 1/4 cup Fiber Mix. Stir or pulse to mix.

Symbol to indicate additional tips or ingredient information not essential to recipe preparation



Plain yogurt with live active cultures can be substituted for kefir. Fresh fruit can also be used instead of frozen - just be sure to adjust amount of water accordingly.

Cut bananas store well in the refrigerator for up to 2 days. Be sure to only peel the half you are using and store the other half, with peel, in a small-snack size plastic bag in the crisper.

Prep Time: 5 minutes

Cooking Time: 0 minutes