**DR. MILLER’S SMOOTHIE RECIPE**

**2 TABLESPOONS PLAIN VANILLA YOGURT**

**MIXTURE OF FROZEN STRAWBERRIES, BLUEBERRIES, AND PEACHES FOR YOUR “ICE”**

**ALMOND MILK 75% WITH MILK 25% OR ALL ALMOND MILK OR ALL MILK**

**½ BANANA- ONE IF FOR TWO PEOPLE**

**1 SCOOP OF VANILLA PROTEIN POWDER 20-30G**

**MIX ALL TOGETHER IN YOUR BLENDER. YOU WILL NEED TO BUY A HEAVY DUTY ONE SINCE IT WILL TEAR UP EASILY( AND STILL WILL)**