

QUICK FRUIT SMOOTHIE: makes 4 servings within seconds!

In my house, mornings are always a rush! Both my husband and I are scrambling to get ourselves and our two kids (11 and 13 years old) out the door. Here's a great simple healthy breakfast for us on the go!

In a blender mix:

- 3 cups orange juice
- 2 serving lowfat vanilla yogurt
- 1 cup frozen berries or fruit of your choice (we love mixing blueberries & peaches)
- 6 scoops of Arbonne vanilla protein shake (this adds the protein power for the am)
- 2-3 scoops of Arbonne Daily Fiber Boost

Blenderize and enjoy!

- Dr. Misty Paul, Basics First Chiropractic, www.basicsfirstchiropractic.com, 703-777-2532