

GRAB AND GO DREAMSICLE

Recipe

By Pamela M. Smith, R.D

Stir up 1 cup 1% milk, 1/2 cup orange juice, 2 tsp. Vanilla and 2 Tbsp. wheat germ. Grab a banana and eat on the way to work.

The orange juice and banana gives your body simple carbohydrates that give your body a quick burst of energy. The wheat germ gives complex carbohydrate that the body burns much more slowly along with a treasure chest of B vitamins to carry that fuel to your cells. The banana also gives a type of fiber, pectin, which expands in your stomach and makes you feel full longer. The juice also gives a hit of vitamin C, and the milk provides calcium and protein.

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