

# **POWER SHAKE**

## **Recipe**

**By Pamela M. Smith, R.D**

- 1 cup skim milk (or soy)**
- 2 Tbsp. nonfat dry milk**
- 1/4 cup eggbeaters or pasteurized egg whites**
- 1 Tbsp. honey**
- 1/2 cup frozen fruit (blueberries, strawberries, peaches)**
- 1 tsp. vanilla**
- 1 Tbsp. each wheat germ and ground flaxseed**

**Put all ingredients in a blender, and blend until smooth and frothy.**

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