

BLUEBERRY GOAT YOGURT SMOOTHIE

Serves 1

Ingredients:

1 cup goat yogurt smoothie
1 banana
1/4 cup fresh or frozen blueberries
½ TBSP chia seeds
1 TSP flax seeds
½ cup of water or juice (optional)

The possibilities are endless with the plain goat yogurt smoothie. The texture is already perfect for you to customize your own unique blend of flavors. This recipe includes some seeds for an extra boost of nutrition.

Instructions:

1. Blend everything but the water together. I like using an immersion blender right in my cup (less tools to wash!). Take note of the consistency and add water or juice to thin it out. Presto! A healthy tasty smoothie.