

Smart Smoothies

Served with Keto powerflax bread sandwiches

Ingredients:

- Chia seeds- add fibre, omega 3's and plant based protein
- Collagen – promote skin suppleness and moisture
- Greens – spinach and kale provides anti oxidant
- Protein – balances blood sugar and filling
- Healthy fat – avocado or MCT oils(coconut) quick burning fat.

Canada food guide
Keto flax bread provides low carb diet.

Pineapple papya frosty – makes 4 cups

- Fresh pineapple, peeled and chopped 2 cups
- Small papaya, peeled, seeded 1 ½ cups
- Ice 2 cups
- Orange juice pulp free ½ cup
- Fresh mint garnish

Method:

1. Blend all fruits, ice and protein powder until smooth. If its too thick, you can add sparkling water to thin it down.



PowerFlax Baking Mix

By powerflax.net
 #diabetes, #blood sugar

