

Sunrise Power Blend

Serves 2 (makes about 2 ½ cups)

Ingredients:

- 1 ½ cups strawberries, halved
- 2 ripe peaches, pitted and quartered OR
an additional cup of strawberry halves
- 1 cup nonfat yogurt
- ¼ cup nonfat dry milk
- 3 tablespoons wheat bran or oat bran
- 2 tablespoons honey
- ¼ cup (1 ounce) chopped California walnuts

Blend all the ingredients in a blender until smooth and frothy.

Health-e headlines™