

The Breakfast Blueberry Shake

Breakfast Facts

- When you awake
 - Already not eaten 6 to 8 hours
- If you skip breakfast
 - Not eat again for several more hours
- Finally, your metabolism slows way down and:
 - **You Stop Burning Fat!**

The Blueberry Breakfast Shake

- Contains:
 - 555 calories in one batch
 - Only 275 calories per 8 ounce glass
 - Carbohydrates
 - Protein
 - Fiber
- Tastes Fantastic

Equipment & Ingredients Needed

- Equipment:
 - Blender - Inexpensive - bought or borrowed
 - Measuring Cup
 - Measuring Spoon - tablespoon
- Ingredients:
 - 12 oz frozen package blueberries (2-1/2 cups)
 - 1 cup low fat vanilla yogurt
 - 1 cup 2% milk
 - 2 tablespoon honey
 - 5 Ice cubes
 - 2 tablespoon flax seed (optional)

Directions

- Add all liquid ingredients first:
 - Milk
 - Yogurt
 - Honey
- Add blueberries and flax seed
- Add ice
- Blend until smooth