



ANDREA'S BONE BUILDER SMOOTHIE

INGREDIENTS

- 1 tsp ground flaxseed
- 1/2 cup fresh or frozen raspberries
- 2 tbsp tahini (sesame seed paste)
- 1 ripe banana
- 1 cup chilled calcium-rich beverage (such as organic soy, oat, almond beverage or cow's milk)
- 1 bag of alfalfa leaf tea OR 1/4 cup fresh alfalfa sprouts
- 1 scoop whey protein, pumpkin seed protein or pea protein

★ Tip: Prepare several cups of the alfalfa tea in advance and chill in the fridge to save time.

1. First, bring 1/2 cup water to a boil. Pour on alfalfa tea bag and steep for 8 minutes. Discard tea bag and let stand to cool before using.
2. If using alfalfa sprouts, rinse them thoroughly and pat dry.
3. Pour tea into the blender, followed by your choice of calcium-rich beverage.
4. Place the rest of the ingredients into the blender and blend to desired consistency. Enjoy!

YIELD: 2 generous servings

KEY NUTRIENTS: Vitamin C, calcium, magnesium, potassium, protein, lignans and isoflavones

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