

Egg White Shake

This is a very fast and very nutritious shake for either a pre- or post-workout meal. It also makes a fast and convenient breakfast. It's an easy way to get quality nutrition into your busy day.

250 mL liquid egg whites (These are pasteurized, safe for use in smoothies.)*

1 banana**

2/3 cup oatmeal (cooked or raw)

1 tbsp. flax oil (Udo's Oil Blend will also work.)

6 oz. of your favorite juice

Add all ingredients to blender. Blend until completely liquefied. The key is to blend the ingredients until smooth.

*You can substitute 8 oz. low fat yogurt or 1 c. skim milk and 1 scoop whey protein.

**Experiment with different types of fruit: strawberries and pineapple are a great combination.