

# Karen's Yogurt-Fruit Smoothie

This is a great on-the-go breakfast or a treat anytime of the day. If you are rushed in the morning, you can make it the night before.

***Servings: 1-2 (for me this is one serving)***

***Ingredients:***

*1 cup whole milk yogurt or kefir*

*1 c fresh fruit such as berries, mango or peaches, or 1 medium-large banana*

*2 pastured eggs*

*1/2 - 1" fresh grated ginger (opt.)*

*honey to taste (opt.)*

***Directions:*** *1. Place all ingredients in blender. Turn blender on slowly so the mixture doesn't "jump." Blend till smooth.*

*2. Pour into glass(es) and put in the fridge or freezer to chill. It picks up more flavor when chilled.*

*6. Enjoy! BUT remember to chew your smoothie. Carbohydrates especially need to mix with our saliva to breakdown. Once swallowed it's too late.*