ENERGY SMOOTHIE  
Serves 1  
8 ounces vanilla soy milk  
1 tablespoon chia or ground flax seed  
¼ cup frozen blueberries  
¼ frozen banana  
¼ cup raw spinach leaves  
  
Blend thoroughly and enjoy. This smoothie is great for energy and keeps you full all afternoon, or try it tomorrow morning for an extra boost that's caffeine free.   
  
Don't forget to SHARE this recipe to your wall to save it and pass it on to your friends!