

## Preventive Primary Care ~ Select

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## Smoothie

Much healthier than 'other' smoothies!

### In a blender or vita mix:

Non-fat, plain yogurt ~ approximately ½ Cup

Ice: 4-8 cubes, to taste

Fresh or frozen fruit (no banana) ~ about ¼ Cup

Up to 1/2 small banana (avoid if you can)

1/4 cup rolled oats (uncooked)

Non-fat milk, crystal light or Vitamin Water Zero ~ enough to blend

Blend, adding more liquid, if needed.

For **even more** fiber, add 1 Tbs oat bran and/or 1 leaf of kale

I always add the **oat bran**, and if I add kale, I add a squeeze of lime also!

