



# Morning Shake with Nut Flour Sprinkle

Use whatever fruit is fresh and flavorful — this is a good way to use extra ripe bananas. Topped with our [Nut Flour Blend](#).

## Ingredients

- 1 to 2 cups whole milk plain yogurt
- 1 cup fresh raspberries
- 1 or 2 bananas
- ½ cup strawberries
- 1 to 2 TBSP flax seed
- honey to sweeten (optional)
- coconut water or fruit juice to thin
- [Pamela's Nut Four Blend](#)

## Directions

Add yogurt, fruit, and flax seeds to blender. Blend well, and taste for sweetness. Add honey if needed, and coconut water or juice to thin to desired consistency. Pour into a tall glass and top with a spoonful of PAMELA'S NUT FLOUR BLEND.

Chef's Note: Even when you use plain yogurt, you may not need honey, because the bananas and fruit will add a lot of sweetness.

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