



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

Berry Freeze (serves 4)

FLT (per serving): ½ protein, 1 fruit
127 calories, 14 g carbohydrates, 6 g protein, 6 g fat

1 lb. frozen strawberries, slightly thawed (or 1 pint fresh berries, frozen slightly)
¾ cup part skim ricotta
3 tbsp. all fruit strawberry jam
Fresh strawberries for garnish (optional)

1. Blend slightly frozen berries in food processor.
2. Slowly add ricotta and then jam, blending all the while.
3. Serve immediately, garnished with a fresh strawberry, if desired.