

## NUTS & FLAX SHAKE (ANYTIME)

### PRELUDE

This shake provides the great taste and monounsaturated fatty acids of mixed nuts together with omega-3's from flax and protein from whey and casein for a healthy meal perfect for a nightcap.

### INGREDIENTS

1 scoop vanilla whey protein  
 1/3 cup lowfat cottage cheese  
 2 tbsp flax seeds  
 1/2 ounce almonds  
 1/2 ounce walnuts  
 1 cup ice  
 1/4 cup water  
 Splenda, to taste

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

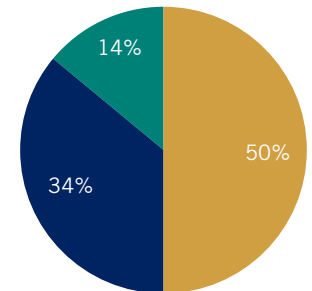
**Servings – 1**

### INSTRUCTIONS

Add the flax seeds, cottage cheese, whey, Splenda, ice and water into a blender, in that order. Blend on medium-high for about a minute, until smooth and creamy. Use as little water as possible for a thick shake. If your blender won't mix, then add 1 tbsp of water at a time until it begins blending properly. Add the almonds and walnuts and blend for an additional 15 seconds, just until the nuts have been crushed and still provide a crunchy texture.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	470
Protein (g)	42
Carbohydrates (g)	18
fiber (g)	10
sugars (g)	4
Fat (g)	28
SFA (g)	4
MUFA (g)	8
PUFA (g)	14
omega-3 (g)	5.7
omega-6 (g)	8.2



■ Protein   ■ Carbs   ■ Fats