



### Breakfast Boost

½ cup orange juice, 100%

4 strawberries, frozen, no added sugar

2 peach slices, frozen, no added sugar

1 scoop Matrix 5.0, Simply Vanilla (or equivalent protein supplement)

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

Nutrition information per serving: 232 calories; 25 grams protein; 2 grams fat; 155 mg sodium, 181 mg calcium.

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