

Breakfast Shake. I

1 banana

1 pear

1/4 of a cantaloupe

A handful of nuts & seeds (I use almonds, walnuts, brazil nuts, and pumpkin seeds)

1/2 cup of bran cereal flakes

1 Tablespoon of ground flax seeds

1 teaspoon of psyllium husks

1 cup of milk (I use soy or almond milk)

Water, enough to cover all the ingredients

Blend this all together until it's smooth, and enjoy. You can use any fruit and any nuts you want. Not only is this filling, but with all the great fibre in this recipe, it's going to help your bowels move regularly. Just be sure, though, to increase the amount of water you drink throughout the day whenever you increase your fibre intake.

Green Smoothie.

8-10 large leaves of assorted greens (I like to use romaine lettuce as a base, so I use 4 leaves of romaine, 2 of spinach, 1 of kale, and 1 of swiss chard)

1 banana, to give it a shake consistency

1 pear, to sweeten it

1&1/2 - 2 cups of water

Blend everything well in the blender, and enjoy at least twice each week! You can drink all of it at one time and make it a meal! Or, keep it in the refrigerator, but for only one day, to get the maximum benefit. I use a pear to sweeten this shake, but experiment with other fruits you like.