



Teresa Cutter

the healthy chef

BREAKFAST POWER SMOOTHIE WAKE UP



By Teresa Cutter - "The Healthy Chef"®



The caramel flavoured **Hydroxy Burn Pro** formula combined with the LSA, pear + oatmeal provides the body with a terrific low fat source of high quality protein, containing all the essential amino acids needed for growth immunity and repair. This smoothie will also tame your hunger pains and stop you chowing down on a crispy crème mid morning. The oats + pear will help lower cholesterol + provide you with enough good quality fibre and low GI carbs for sustained energy. The LSA (linseed – sunflower seed – almond) is high in omega 3 which helps to assist your body in burning of more fat.

Serves 1

- 1 cup (250 ml) water or low fat milk
- 1 ripe pear, chopped
- 2-heaped tablespoons rolled oats
- 1 scoop caramel **Hydroxy Burn Pro**
- 2 tablespoons natural low fat yoghurt
- 1 tablespoon LSA (linseed – sunflower seed – almond)
- Ice to blend

Combine everything into a blender and blend until combined and creamy. Pour into a glass and enjoy.

More of Teresa's recipe's can be found at:

www.thehealthychef.com.au / www.teresacutter.com



Learn more about Hydroxy Burn Pro at:

WWW.BODYSOURCE.COM.AU