



Teresa Cutter

the healthy chef

STRAWBERRY POWER SMOOTHIE



By Teresa Cutter - "The Healthy Chef"®



The berries are packed with a whopping amount of antioxidants + combined with **Hydroxy Burn Pro** strawberry provides you with all the amino acids needed to boost the immune system, repair muscle tissue and maximize fat loss. Flax seed oil is high in omega 3, which helps to assist your body in burning of more fat and stimulates the secretion of leptin a hormone that helps in suppressing the appetite and burn stored fat.

Serves 1

- 150 g frozen strawberries
- 1 cup (250 ml) water or low fat milk
- 2 tablespoons natural low fat yoghurt
- 1 scoop strawberry flavoured **Hydroxy Burn Pro**
- 1 tsp flaxseed oil

Combine all the ingredients in a blender and blend until smooth and creamy. Serve immediately.

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