



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Citrus Berry Smoothie

- 1 ¼ Cups fresh berries
- ¾ Cup low-fat plain yogurt
- ½ Cup orange juice
- 2 Tbsp nonfat dry milk
- 1 Tbsp toasted wheat germ
- 1 Tbsp honey
- ½ Tsp vanilla extract

- 1) Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Makes 1 Smoothie

