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Berry Good Smoothie

½ c coconut milk

½ banana

½ cup plain yogurt

1 tsp honey

½ cup berries of choice (fresh or frozen)

Put all ingredients into a blender and blend until smooth. Drink!

Optional ingredients include vanilla extract, almond extract, even lemon extract can be good depending on the flavor you desire. Juice from 1 orange is also a nice addition and sometimes I make a cinnamon apple smoothie by adding cinnamon and replacing berries with apples. You can also cut down or eliminate the banana if you're not a fan of banana...It's mostly there to add smooth texture.

The fat from the coconut milk and from the yogurt is important in this recipe. It helps slow down digestion, decreases the insulin spike you would normally get from the fruit and increases your feeling of satisfaction which prevents you from overeating.