

ENSURE® REPLACEMENT

Have you read the label of your Ensure® lately? I suggest the following replacement:

- 1 avocado
- 1 ripe banana
- 4 raw eggs
- 1 cup whole milk or whole-milk yogurt

Combine in a blender and blend until mixed. Drink immediately.

Provides 31 g healthy fat, rich source of B6, B12, vitamin D, abundant phosphorus and zinc.

May add bananas, apples, berries or other fruit to achieve taste to suit your buds.