

In recognition of Heart and Stroke Prevention Month, the Camrose Primary Care Network would like to offer you some heart healthy recipes—approved by the Camrose PCN dietitian! Each recipe is named after one of our 2011/12 Board of Directors in recognition of their dedication and support of healthy lifestyle prevention initiatives in our community. Happy Cooking!



Dr. Nichol's Shake It Up

Prep time: 5min | Servings: 3 | Yield: 825 mL (3 1/3 cups)

This is perfect to buzz up in the morning or the night before and keep it in the fridge. Be sure to shake it up before pouring it into a glass or mug to enjoy. Change up the flavors as the seasons change with peaches, nectarines, plums or raspberries.

Recipe developed by Emily Richards, PH. Ec. ©Heart and Stroke Foundation 2011.

Ingredients

- ◆ 250 mL (1 cup) fresh blueberries
- ◆ 250 mL (1 cup) sliced fresh strawberries
- ◆ 1 pkg (300 g) soft tofu
- ◆ 125 mL (1/2 cup) orange juice
- ◆ 75 mL (1/3 cup) skim milk
- ◆ 1/2 tsp vanilla

Directions

1. In blender combine blueberries and strawberries.
2. Add tofu, orange juice, skim milk and vanilla. Puree until smooth.

Refrigerate for up to 1 day. Shake before serving.

Fruit options: In season be sure to try your favorite fruits such as pitted and chopped peaches, nectarines, cherries, blackberries and raspberries.



Nutritional Information Per serving:

Calories: 133 ◆ Protein: 7 g ◆ Total fat: 3 g ◆ Saturated fat: 0 g
Cholesterol: 1 mg ◆ Carbohydrate: 21 g ◆ Fibre: 3 g ◆
Sugar : 15 g ◆ Sodium: 17 mg ◆ Potassium: 433 mg



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