

FibrOmega™ Smoothie Recipes

FibrOmega™ is a high fiber organic flax concentrate with many applications including smoothies. To prepare any recipe listed below, simply place all ingredients into a blender and mix until smooth. Please note: ingredient amounts can be adjusted depending on personal taste and desired thickness.

Banana Berry Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
9 frozen strawberries
1 ½ cups ice cubes
3 tablespoons FibrOmega™
1 ½ tablespoons honey powder
1 ½ tablespoons cranberry concentrate

Cranberry Banana Berry Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
9 frozen strawberries
1 ½ cups ice cubes
3 tablespoons FibrOmega™
1 ½ tablespoons honey powder
4 tablespoons cranberry concentrate
1 tablespoon lime juice

Tropical Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
3 cups ice cubes
150 ml frozen pineapple concentrate
50 ml frozen orange juice concentrate
3 tablespoons FibrOmega™
3 tablespoons honey powder

Chocolate Orange Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
3 cups ice cubes
3 tablespoons FibrOmega™
¼ cup orange juice concentrate
⅓ cup chocolate syrup

Fruit Smoothie

2 bananas
3 cups ice cubes
12 oz water
4 tablespoons each of orange, pineapple and cranberry juice concentrates
3 tablespoons FibrOmega™
3 tablespoons honey powder

Chocolate Banana Peanut Butter Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
1 ½ cups ice cubes
¼ cup smooth peanut butter
3 tablespoons FibrOmega™
3 tablespoons honey powder
⅓ cup chocolate syrup

Banana Peanut Butter Smoothie

9 oz soymilk or 6 oz yogurt & 3 oz water
2 medium bananas
1 ½ cups ice cubes
¼ cup smooth peanut butter
3 tablespoons FibrOmega™
3 tablespoons honey powder

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Essential Fatty Acids*