

PMS Smoothie

Premenstrual syndrome, or PMS, is a collection of ailments that converge on a woman a few days to a week before her menstrual period. Symptoms of PMS include mood swings, anxiety, tension, bloating, food cravings and bowel changes.

The PMS smoothie is a tasty solution to the nagging problems. It's high in nutrients and minerals, such as magnesium, calcium and vitamin C, proven to reduce PMS symptoms. Blend this beverage and say bye-bye to PMS!

Ingredients:

- 1 cup low-fat yogurt
- 8 oz. orange juice
- 1 cup fresh strawberries
- 1 banana
- 1 tablespoon molasses (or to taste)

Add ingredients to blender and blend approximately 45 seconds. Add ice if necessary.