

Mixed Berry Smoothie



TOTAL TIME

5 mins



COURSE

beverages, Breakfast



SERVINGS

2 Servings

EQUIPMENT

- High Speed Blender

INGREDIENTS

- 2 Cups Liquid of Choice - Nutmilk, Juice, Water, Coconut Water
- 1 1/2 Cups Frozen Mixed Berries
- 1 Frozen Banana
- 2 Dates - Pitted
- 1 Tbsp Chia Seeds

INSTRUCTIONS

1. Add all ingredients to high speed blender. Blend til smooth.

Enjoy!



KEYWORD

green smoothie, plant-based, vegan