

**Berry Smoothie**

plus Building Blocks for any Superfood Smoothie

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| Serves: 2 | Prep Time: 5 minutes  Cook Time: 0 |

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| **Ingredients:** |  |
| 1 ea | Banana, frozen |
| 2/3 cup | Blueberries, frozen |
| 2/3 cup | Raspberries, frozen |
| 1 cup | Spinach |
| 2 tsp | Chia Seeds |
| 2 sprigs | Fresh mint |
| 1 Tbs. | nut butter |
| 1 cup | Almond milk |
| as needed | Ice |

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| **Instructions:**  To build a smoothie that will keep you energized and taste good you need to do the following:   1. Select fruit: berries, stone fruits, and or tropical fruits are usually best (eg: strawberry, blueberry, stone fruits, mango, pineapple etc) 2. Add a frozen banana to thicken (optional) 3. Add a protein: Nut butters, nuts, or protein powder 4. Add some greens: spinach, kale, chard, collards 5. Add a superfood for extra nutrition:  Ground flax, maca root powder, chia seed 6. Experiment with flavors - try adding lemon rind, fresh mint, cinnamon, or cacao 7. Add the milk of your choice or water or juice. 8. Blend and drink! |

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| **Notes:**  ~The basic building blocks for a smoothie include:  ~For easier mornings, prepare baggies with all of the solid ingredients and store them in your freezer. Then, when it is time to make a smoothie, just add the contents of the baggie and some liquid to your blender and blend! |