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| Berry Smoothie Recipe from HIP |  |

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| **Ingredients:** |  |
| |  |  | | --- | --- | | 1 | Banana, frozen | | 1 cup | Strawberries, frozen | | 2/3 cup | Blackberries, frozen | | 2 tsp | Chia Seeds | | 2 sprigs | Fresh mint | | 1 cup | Greek Yogurt | | 1/2 cup | Almond or coconut milk | | as needed | Ice | |  |
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**Directions:**

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| |  | | --- | | 1. Add milk, yogurt to a blender. | | 1. Add frozen fruit. Blend on high until all fruit is smooth. | | 1. Add ice, if needed or more liquid until the desired consistency is reached. | |  | |