



BLUEBERRY BANANA SMOOTHIE



INGREDIENTS:

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| 1 C | WATER |
| 1 | BANANA |
| ½ C | BLUEBERRIES, FROZEN |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BERRY BLAST SMOOTHIE



INGREDIENTS:

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| 1 C | ALMOND MILK
<small>(CAN SUBSTITUTE OTHER NUT MILK)</small> |
| ½ C | FRESH OR FROZEN STRAWBERRIES |
| ½ C | FRESH OR FROZEN RASPBERRIES |
| ½ C | FRESH OR FROZEN BLUEBERRIES |
| 4-6 | ICE CUBES |

TWEAK THIS RECIPE BY USING THE BERRIES OF YOUR CHOICE OR THAT ARE LOCAL TO YOU AS WELL AS LARGER OR SMALLER PORTIONS OF EACH BERRY. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

