



BERRY SMOOTHIE

MAKES 2 SERVINGS

Ingredients:

- ½ c strawberries
- ½ c blueberries
- ½ banana
- 2 c spinach
- 1 c water (or liquid of your choice)

Directions:

Blend all ingredients in a blender until smooth. Adjust the amount of liquid used to achieve the desired consistency. Almond milk, coconut milk, or dairy milk can be used lieu of water.