

Berry Smoothie



MAKES 2 SERVINGS

Ingredients:

- ½ c strawberries
- ½ c blueberries
- ½ banana
- 2 c spinach
- 1 c water

Directions:

Combine all ingredients in a blender. Add more or less water according to preference. Almond milk, coconut milk, or dairy milk can be used lieu of water.

