



MERRY BERRY SMOOTHIE

Ingredients

- 1/2 frozen banana
- 1/2 cup of frozen mixed berries
- 1/2 cup of fresh/frozen strawberries
- 1 cup of milk (I usually use coconut or oat milk)
- 1/2 scoop of vanilla protein powder of choice-but read the label & do some research- some are not healthy for you (I use organic plant based powders low in sugars, little/simple ingredients and add in other plant based proteins)
- 1 tbsp of flax/chia/hemp mixture
- Sprinkle some goji berries for added vitamins, minerals & antioxidant benefits

