



VERY BERRY SMOOTHIE



Ingredients

- 2 cups frozen mixed berries (blueberries, strawberries, blackberries, raspberries)
- 1 medium frozen banana or $\frac{1}{4}$ cup of chopped frozen avocado
- $\frac{3}{4}$ cup unsweetened milk of your choice
- $\frac{1}{4}$ cup plain yogurt

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more liquid to reach your desired consistency.
3. Serve immediately and enjoy or freeze in popsicle molds.

Optional ingredients

- 1–2 tbsp ground flaxseeds, chia, or hemp seeds for extra fibre and added nutrients
- 1 scoop of protein or collagen powder to help stabilize blood sugar levels
- 1 tbsp nut butter for extra protein and healthy fats
- $\frac{1}{2}$ cup fresh spinach or other dark leafy greens for a boost of vitamins and minerals
- $\frac{1}{4}$ cup old-fashioned rolled oats for extra fibre and thicker texture
- 1 tbsp honey or pure maple syrup for additional sweetness and extra nutrients

