



SPINACH BERRY
smoothie

INGREDIENTS:

- 1 small ripe banana (frozen, broken into chunks)
- 1 cup frozen mixed berries
- ½ cup organic baby spinach
- 1 cup non-dairy milk of choice
(oat, hemp, almond, etc.)
- ½ cup tart cherry juice
- 1 Tbs. flaxseed
- 2 Tbs. dark chocolate chunks (62% cacao)
- Raw honey or agave to taste (if desired)

**Blend to desired consistency
& enjoy!**



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