

# Berry Blast Smoothie



A smoothie is the perfect breakfast or ice cream replacement that won't leave you feeling bloated. There is no right or wrong way to create a smoothie, you can add whatever foods you love, but the key is to keep it all natural fruit for sweetness and no additional sugar. Add your greens to a smoothie to get in your veggies, the darker the greens the better they help to detox the liver.

Here is one of my favorite quick and easy recipes:

## Berry Blast Smoothie

Quick tips: I buy frozen organic fruit and take it out of the freezer and move it to the fridge to thaw when I get home. The fruit is sweeter when it's thawed, plus I don't love my smoothie too cold.

1 cup blueberries

1 cherries

½ greens (kale, dandelion, spinach, whatever you have in your fridge)

1-2 scoops of protein powder ( rice, pea, hemp - whatever works for you)

1 tablespoon of chia seeds

1 tablespoon of hemp seeds

½ water (you can coconut, almond or rice milk)

Blend well in your blender, nutri-bullet or use an immersion blender (my favorite - less clean up)

Feel free to try any fruits you like, sometimes you need to experiment to achieve the right flavor and consistency for you. I prefer my smoothies thick, if you like a little more liquid just add water or ice. I don't add ice, but you can add it if you like.

Smoothies are great to take on the go too!