

## Berry Smoothie Drink

2 Cups of Water as the base or

(Almond, Oat, or Hemp Milk)

1 Cup mixed greens

½ Banana

2 -3 Cups mixed frozen berries (strawberries,  
blueberries, raspberries, blackberries)

1 tbsp Flaxseed (ground)

1 tbsp Chia seed (ground)

½ tbsp. Cacao (dark nibs or ground)

Herbs (optional: mint, bee pollen leaves, goji  
berries, maca powder, pea protein powder)