

Berry Dreams Smoothie

Serves 1

Ingredients

- 1 cup coconut milk, rice milk or hemp milk
- 1 cup frozen blackberries
- ½ cup strawberries
- 1 handful kale
- ½ avocado
- ½ teaspoon lime juice
- ½ teaspoon vanilla
- 1-2 tablespoons ground flax seed and/or ground chia seed
- ice (optional)

Preparation

Blend until smooth.