

## Healing Strawberry Smoothie

### Ingredients:

1 cup [coconut milk \(full fat\)](#)

**Or** grass fed raw milk if tolerated

2 cups strawberries (organic is best)

2 cups of ice

3 Tbsp of [gelatin](#)

[Stevia](#) or [honey](#) to taste

### Directions:

Put everything in the blender except the gelatin.

Pulse until the ice is broken down and everything is liquified.

Add the gelatin while the blender is going for a few more seconds.

Serve and enjoy!