



BERRY HARVEST SMOOTHIE



SERVES:

2

PREP TIME:

10M

COOK TIME:

0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

½ Cup Crofter's Organic Premium Berry Harvest Fruit Spread

1 Cup Fresh Spinach

½ Cup Fresh Kale

½ Cup Fresh Arugula

½ Cup Frozen Blackberries

½ Cup Frozen Blueberries

1 Cup Frozen Strawberries

½ Cup Almond or Nut Milk

1 Frozen Banana

1 Tbsp Flax Seed Meal

¼ Cup Nut Butter

Hemp Hearts (Garnish)

Frozen Berries (Garnish)

DIRECTIONS:

1. In a large blender, or high-powered food processor, combine all of the listed ingredients and blend. Start blending on low for 1-2 minutes and then another 2 minutes on high.
2. If smoothie is too thick, add a bit of almond milk to thin it out. When it's at the consistency you like, pour into glasses, top with a sprinkle of hemp hearts and frozen berries. Enjoy!