

Creamy Berry Smoothie

Prep Time

10 minutes

Cooking Time

5 minutes

Yields

2 servings

Ingredients

1 avocado
1 cup blueberries
1 cup blackberries
2 tbsps chia seeds
Juice of 2 limes
1 cup almond milk
5 ice cubes

Directions

1. Wash and pat all produce dry.
2. De-pit and score avocado and transfer to blender.
3. Add remaining ingredients and blend on high until smooth and creamy.

Credit

Used with permission from The Integrative Nutrition Cookbook, 2016