

# VERY BERRY SMOOTHIE RECIPE

## Ingredients:

- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1/2 cup fresh spinach
- 1 orange (peeled)
- 1/2 cup pomegranate juice
- 1/2 cup water or coconut water
- Ice cubes (optional)



## Instructions:

*1. Prepare the Ingredients:* Begin by washing your mixed berries and spinach thoroughly. Peel the orange, removing as much of the pith (the white part) as possible for a smoother texture.



*2. Add to Blender:* Place the berries, spinach, orange, pomegranate juice, and water or coconut water into your blender. If you prefer a chilled smoothie, add a handful of ice cubes.



*3. Blend Until Smooth:* Blend everything together until the mixture is smooth and creamy. Depending on your desired consistency, you can add a little more water or coconut water if needed.

*4. Serve and Enjoy:* Pour the smoothie into a glass, garnish with a few extra berries if you like, and enjoy your refreshing, antioxidant-packed drink!



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