

GREEN BERRY BREAKFAST SMOOTHIE

(GLUTEN FREE / VEGAN)

Ingredients:

- 2 cups baby spinach or organic greens of choice.
- 1 cup frozen mixed berries of choice. Raspberries or blueberries add great flavor.
- 1 banana
- ½ cup unsweetened almond milk or plant-based milk of choice. Add more milk if you prefer your smoothie thinner. Add ice if you prefer your smoothie thicker.
- Optional ¼ tsp of ground cardamom or cinnamon

Instructions:

Place plant-based milk, greens, berries, banana, and cinnamon or cardamom in a high-speed blender on the lowest setting, advancing speeds until everything is fully blended.