

FROM THE KITCHEN OF
AMBER HANSON, LN

Balanced Berry Smoothie

INGREDIENTS

- 1 cup frozen mixed berries
- 1.5/1 cup frozen cauliflower rice
- 1/4 cup full fat canned coconut milk
- 2 scoops protein powder
- Water or alternative milk to get desired consistency

METHOD

1. Place all ingredients in a blender; blend until smooth.

Tip: For extra fiber try blending in a tablespoon of chia, hemp or flax seeds!



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