



Serving For: 2

Simple | Healthy | Delicious

Berry Smoothie

INGREDIENTS

3 Tbsp. Chia Seeds

½ Cup raspberries

½ Cup blackberries

1 banana, sliced

1 ½ Cups red cabbage, chopped

½ Cup red beets, chopped

½ Cup baby spinach

1 Cup almond milk

½ Cup ice



DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth