

Winter Berry Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

Mango Oat Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre

Add ground flax seed.

More Like Mango Lassi

Reduce almond milk and add greek yogurt.

Ingredients

- 2 cups** Frozen Mango
- 1** Banana
- 1/4 cup** Oats
- 2 cups** Unsweetened Almond Milk
- 2 tbsps** Hemp Seeds
- 1/4** Lemon (juiced)