

THINGS TO KEEP IN MIND

Smoothies are a crowd favorite anytime of year. Here's our most popular fruit smoothie recipe—an icy purée loaded with flavor!

INGREDIENTS:

- 1 tbsp of chia seeds
- 1 cup of almond milk or any other plant-based beverage
- 1 cup of blueberries
- 1 cup of frozen mixed berries
- 1 cup of ice
- 1 tbsp of artificial sweetener (example, stevia)



Fruit smoothie

Directions

1. Using a blender, blend together all ingredients (blueberries, mixed berries, plant-based beverage, chia seeds, ice, and artificial sweetener) for about a minute.
2. Serve and enjoy.