

Strawberry Banana Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- 1 ½ Cups Ice (add more for thicker smoothie)
- ¾ Cup - 1 Cup Unsweetened Coconut Milk (*any non-dairy milk*)
- 1 1/2 TBSP Chia Seeds
- 2 TBSP Ground Flax Seed
- 1 Teaspoon Pure Vanilla Extract
- 1 Cup Organic Frozen Strawberries
- 1 Medium Banana
- ½ Cup Organic Blueberries
- 1 Medjool Date (*optional*)
- 1 Teaspoon Cinnamon

Instructions:

1. In single-serve blender (I use Ninja brand) – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 1 minute. Can blend longer for creamier smoothie. Pour into glass and enjoy.

Optional: Add 1 Cup of Spinach or Kale.

***Try and use all organic ingredients if possible.**