

Strawberry Smoothie

Submitted by Kristina Hastings of Bliss Blendz

All ingredients can be found growing in the fields of California.

Ingredients

- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 1 cup apple juice (or ½ cup apple and ½ cup water to lower sugar)
- ¼ of an avocado for fats and texture
- 3 dates or 1 Tbsp honey for sweetness
- Add a few cubes of ice if needed
- Add greens to add vegetables to the smoothie
- Add ½ cup of oat milk instead of water to make it more creamy
- Add chia seeds, nut butter, or protein powder to increase the protein factor and make it more filling

Preparation & Serving

- Place all ingredients in a powerful blender and blend until smooth.

