



VC Powered Smoothie

Serving size: 4

Ingredients:

12 oz frozen berries (blackberries, blueberries, strawberries)

4 oz of frozen mangoes

2 ripe bananas, sliced

1 fuji apple, quartered

2 lemons, squeezed

5 cloves of fresh garlic

1/2 inch of fresh ginger

1 tablespoon of chia seeds

1 tablespoon of flaxseeds

1 tablespoon of hempseeds

Non-dairy milk of choice (almond, hemp, soy or coconut)

Fresh mint for garnish

Equipment:

1 blender (2 liter capacity)

Directions:

1. Place all ingredients into the blender.
2. Fill up the blender with non-dairy milk of choice or water up to 2/3 of the blender capacity line. Do not exceed max capacity of the blender.
3. Blend until smooth and adjusting chosen liquid as necessary.
4. Serve immediately or store for later. Mint for garnish. Enjoy!