

Berry Blast Smoothie

8 MINUTES

Ingredients

- 2 Cups Coconut water
- 1 1/2 Cups Frozen Blueberries
- 1/2-1 cup Frozen or Fresh Spinach
- 1/2 ripe Avocado
- 1 Tbsp. Hemp seeds
- 1 Tbsp. Ground Chia seeds
- 2 Tbsp. Honey
- Ice

Directions

1. Blend ice, coconut water; frozen blueberries; spinach; avocado; hemp seeds; chia seeds; honey until smooth;
2. Serve cold and Enjoy!

