

Berry Creamy Smoothie

Avocado adds the delicious creaminess to your smoothie without the dairy

Tip: don't tell them what's in it...they'll never guess. (if you are really adverse to avocado use ½ cup Greek Yogurt)

Ready in: 5 minutes

Serves: 2-3

½ frozen banana

½ cup (125 mL) each: blueberries and strawberries

½ cup (125 mL) each: ripe avocado and orange juice

2 cups (500 mL) almond milk, soy milk or rice milk or coconut water

2 tbsp (25 mL) honey

1 tbsp ground flax seeds

Directions

Place all ingredients in blender, pulse until smooth or desired consistency.

Source: www.enerjivefood.com or www.foodthought.com

www.carhahockey.ca/fitforhockey

