

## ANGEL'S SMOOTHIE - SERVES 4



### Ingredients:

- ½ cup Frozen Organic Blueberries
- ¾ cup Frozen Organic Spinach (or other green chard or kale – we find that chard or kale need to be steamed before being put in, raw is too hard to digest)
- ½ cup of each or any of the following: Organic Strawberries, Raspberries, Mango, Papaya
- 1/8 cup Ground Flaxseed
- 1/8 cup Almond Meal or Almond Butter (other nut butters work too)
- 1 Banana and/or 1 Ripe Avocado
- 7oz ( ½ package) silken Tofu
- ½ cup Plain Unsweetened Soy Yogurt (Dairy Yogurt works too)
- Top off with Unsweetened Soy Milk (dairy, rice, almond, etc. milk works too)

Blend approximately 2 minutes or until fully mixed.



*Thank you Angel Jackson*



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