

Mixed Berry, Flaxseed, Almond Milk Smoothie

Recipe quantity: 3 cups | Servings: 3 | Prep time: 5 minutes

Ingredients:

½ cup blueberries, frozen
½ cup raspberries, frozen
½ cup blackberries, frozen
1 Tbsp almonds
1 tsp ground flaxseeds
1 cup almond milk, unsweetened
½ cup water

Directions:

1. Add all of the ingredients to a blender. Blend until smooth.
2. Stir, sip, and enjoy!