

Blackberries, blueberries, cherries, strawberries, and raspberries are chucked full of powerful antioxidants, vitamins, and minerals with many health benefits.

Berries boost brainpower, so this berry smoothie is the perfect start to your day. The bananas add a touch of sweetness. If it's not sweet enough, add a splash of maple syrup or two soft pitted dates. Add 2 oz /60 g silken tofu for an added protein boost.

VERY BERRY SMOOTHIE

INGREDIENTS

2 ½ cups/625 ml frozen berries
pick your favorite or a combination
of blackberries, blueberries, cherries,
strawberries, or raspberries
2 bananas, ripe and spotty, peeled
2 cups/500 ml plant-based milk
1 tsp/5 ml vanilla bean paste

METHOD

Add the frozen berries, bananas, and soy milk to a blender bowl. Blend on high until smooth and creamy.

