

Berry Veggie Smoothie

Lots of fruit and veggies. Great way to get a lot of nutrients in with one smoothie. Serves two!

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Orange, fresh	1 large - 3 1/16" diameter
Banana, fresh	1 medium - 7" to 7 7/8" long
Forager project, organic creamy dairy-free yogurt, plain	0.75 x 1 cup
Bob's red mill, raw whole golden flaxseeds	1 x 2 tbsp
Strawberries, frozen, unsweetened	3 cups
Blueberries, frozen, unsweetened	2 cups
Carrots (frozen, unprepared)	0.75 cup slices
Mushrooms, raw	0.5 cup
Spinach, raw	4 cups

Instructions

Peel banana and orange and place in high-speed blender. Add yogurt and blend until smooth.

Add all remaining ingredients except spinach and blend until smooth. You may need to open the lid and push still frozen/ whole items into the blended material at the bottom of your blender.

Once that's well blended add in the spinach and blend until smooth. This makes two large servings (24+ ounces each).

Feel free to use what you have on hand and tweak to your tastes. We've added peach or mango, also edamame, avocado, etc. Can also sub OJ for the whole orange. Kale works well in place of spinach, but we've found the leaves seem to remain larger (with our blender at least).