

Thank You Berry Much Smoothie

This cold, delicious smoothie is loaded with Vitamin C. If you keep the berries in the freezer, this is quick and easy to make.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Orange juice, fresh	1 cup
Strawberries, fresh	6 medium - 1 1/4" diameter
Blueberries, fresh	10 each
Blackberries, fresh	4 each
Raspberries, fresh, red	4 each
Banana, fresh	1 medium - 7" to 7 7/8" long
Dates (medjool)	1 date, pitted

Instructions

Prep

1. This recipe calls for freshly squeezed orange juice
2. This recipe calls for fresh berries, but frozen would be better used so you don't have to add ice
3. This recipe calls for a chopped pitted date

Directions

1. In a blender, combine orange juice, strawberries, blueberries, blackberries, raspberries, banana and date
2. Blend at high speed until smooth. Serve immediately.

Variations

1. Substitute gooseberries or brambleberries or cranberries for one of the berries
2. If using a less sweet fruit, add 1 to 2 tbsp raw agave nectar or 1/4 cup Date Paste