

Another Healthy Recipe from



Berry Coconut Smoothie

This rich and tasty smoothie is perfect on a hot summer day. Coconut milk lends a rich, creaminess to this smoothie. The coconut water adds an extra boost of nutrients and electrolytes – great for athletes or kids (and adults!) on the go!

Ingredients

1 – 1 ½ cup Frozen mixed berries
½ ripe avocado
1 – 1 ½ cup Coconut Water
3 tsp Coconut Milk

Directions

Place all ingredients in a blender and blend until smooth.

Alternatives

Top with homemade whip cream made from heavy whipping cream and agave nectar
Add almonds or gelatin for an extra protein boost
Add a few drops of stevia for sweetness