



FRUIT SMOOTHIE

USING FROZEN BERRIES AND GINGER

INGREDIENTS

- 1 cup fresh or frozen strawberries
- 1 frozen banana
- 1 cup almond milk
- 2 teaspoons honey
- 1 tablespoon fresh minced ginger

DIRECTIONS

Prep Time: 1 Minute
Cook Time: 1 Minute
Serves: 1

Blend all ingredients together until smooth. Pour into your favourite cup and drink immediately.

NOTES
