



STRAWBERRY, BLUEBERRY, BANANA SMOOTHIE

Ingredients:

- ½ CUP FROZEN STRAWBERRIES
- ½ CUP FROZEN BLUEBERRIES
- 1 SMALL RIPE BANANA (FROZEN, IF DESIRED)
- ¾ CUP CHILLED UNSWEETENED CASHEW MILK, PLUS MORE IF NEEDED
- 1 TABLESPOON CASHEW BUTTER
- 1 TABLESPOON HULLED HEMP SEEDS

Method

1. COMBINE STRAWBERRIES, BLUEBERRIES, BANANA, CASHEW MILK, CASHEW BUTTER AND HEMP SEEDS IN A BLENDER. PROCESS UNTIL SMOOTH, ADDING MORE CASHEW MILK, IF NEEDED, FOR DESIRED CONSISTENCY. SERVE IMMEDIATELY.