



BREAKFAST

Berry Smoothie

Serves 1

1/2 cup frozen mixed berries

1 tablespoons nut butter

1 tablespoons pumpkin seeds

1 tablespoons chia seeds

2 raw walnuts

2 raw Brazil nuts

1/4 avocado or 1/2 banana

1/2 tablespoon extra-virgin coconut oil

1/2 cup milk or milk alternative

1/2 cup water

1. Place all the ingredients into a cup blender.
2. Blend until smooth.
3. Best eaten straight away, however the ingredients can be packed together the night before for a quick blend in the morning.