



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.