

Basic, Berry Good Fruit Smoothie w/options

Ingredients:

- 1/2 to 1 cup soy or almond milk
- 1 or 2 tablespoons of protein powder or 1/4 - 1/2 cup of yogurt
- 1 tablespoon of River Hills Harvest Elderberry Juice
- 1 cup of frozen berries/berry mixture like strawberries and raspberries, or 1 cup of fresh berries with up to 6 ice cubes
- Optional sweetener of choice: honey, stevia, etc.
- Optional fiber: 1 tablespoon of roasted or ground flax seed

Directions:

First, add the liquid to blender, followed by the yogurt or protein and berries. Add any options, and blend until smooth. Thin it to meet your drinking preference.