



# Recipes

## Beverages

### **Antioxidant Superfood Smoothie**

*Prep Time: 10 minutes*

*Yield: 2 servings*

#### **Ingredients:**

- 4 cups baby spinach
- 1/2 cup pomegranate juice
- 1/2 cup coconut water
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 4 dates, pitted and chopped
- 2 tablespoons ground flaxseeds
- 2 tablespoons hemp seed
- 2 tablespoons chia seed

#### **Directions:**

1. Blend all ingredients together in a high powered blender.