

# Healthy Berry Smoothie With Chia

## INGREDIENTS

**1 cup unsweetened vanilla almond milk**

**½ cup water**

**1 cup frozen mixed berries**

**1 scoop Organic Paleo Protein Powder**

**1 tbsp flaxseed**

**1 tbsp chia seeds**

**Handful spinach or kale (optional) OR**

**1 tsp honey (optional)**

1. Place all ingredients in a blend and blend until smooth and creamy.

Yields 1 smoothie