

## RECIPE

# Berries and Cream



## Ingredients

- 1 cup frozen mixed berries
- $\frac{1}{3}$  cup strawberries
- 1 banana
- $\frac{1}{2}$  cup unsweetened vanilla coconut yogurt
- 2 tsp local raw honey or 1 large tbsp monk fruit
- 1  $\frac{1}{2}$  cups unsweetened nut milk

## Preparation

1. **Place all ingredients in a blender and blend.**