

AIP BERRY SMOOTHIE

Ingredients:

- ½ cup frozen mangoes
- ½ banana
- 1 cup frozen berries of your choice
- handful of greens of your choice
- 1 tbsp. coconut oil or ½ can organic coconut milk
- ½ inch of ginger
- 1 ½ cup water



Instructions:

1. Add the water to your blender first.
2. Add the fruit one by one into your blender, pulsing in between.
3. Add the greens and blend.
4. Add the coconut oil or coconut milk and blend thoroughly. I use a Vitamix blender and it is wonderful to break all the ingredients down properly.
5. Add the ginger and blend until you have reached your desired consistency.
6. Drink immediately and enjoy.

