



Festive Holiday Smoothie

Stay healthy through the holidays with this antioxidant rich smoothie!

Yield: 2 servings

Ingredients:

- 3 cups almond or rice milk
- 1 cup frozen or fresh cranberries
- 1/2 cup pomegranate arils
- 1 cup frozen strawberries
- 1 banana
- 1/2 cup fresh mint
- 4 dates
- 1 tbsp chia seeds

Topping: unsweetened coconut

Directions:

1. Blend all ingredients together until smooth.
2. Pour into glass.
3. Top with shredded unsweetened coconut.
4. Enjoy!