



Sweetheart Smoothies

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
- 4 dates
- Ice

*Can also add extra nutrient boosters, such as, chia seeds or flax seeds

Directions:

1. Add all ingredients to a blender and blend together until smooth.
2. Pour into glass.
3. Enjoy!