

Basic Berry Breakfast Smoothie

Add a bit of water to get the desired consistency.

Blend and enjoy!!!

Flax seed meal and chia are loaded with fiber, antioxidants and healthy fats. Teamed-up with berries (blueberries are an antioxidant powerhouse), baby spinach (get lean with greens) and a quality protein supplement, this is a breakfast to get you started on the right foot!!!