

Strawberry Blonde Smoothie

VEGAN + GLUTEN FREE + SOY FREE



Ingredients:

- 1 frozen banana
- 1 1/2 cups frozen strawberries
- 10 ounces apple cider
(unpasteurized if possible)
- 2 tablespoons freshly squeezed lemon juice

optional add-ins:

- 1 tablespoon:
 - coconut
 - flax (ground, seeds, or oil)
 - chia seeds
 - lucuma powder
 - protein powder
- ...or top with a little bit of granola!

Blend all ingredients together in a high-speed blender until creamy.

If your fruit isn't frozen, add a few ice cubes and a little extra apple cider to the mix to make it creamy.

Sip it through a straw or eat it in a bowl.

Serves one.