






INGREDIENTS (MAKES 2 CUPS)

-  2 **tbsp** dried goji berries
-  1 **cup** strawberries
-  2 **tsp** honey
-  2 **cups** almond milk
-  Ice

DIRECTIONS

In a small bowl mix the goji berries and 1 tablespoon of water, leave for 15 minutes to make the berries softer. *(Note: this can also be done overnight if preferred).*

Then blend the goji berries and other ingredients until smooth.

SBRM SUPERFOOD smoothie

