



# Summer Berry Smoothie

**Serves 2 smoothies | Prep 3 min | Blend 1 min | Ready in 5 min**

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Made with frozen, organic that I buy in bulk and keep stocked in the freezer. Fruit is more affordable and healthy to buy frozen, and I prefer this method for smoothie making, so we always have what we need on hand! This smoothie is a great source of iron for your little ones due to the iron-rich almond butter paired with vitamin C-rich berries to increase absorption.

## INGREDIENTS

### THE BASE BASICS

- 1 cup triple berry medley, frozen and organic
- 1 banana, frozen and organic
- 1 tablespoon almond butter
- 1 cup plant-based milk (I really like soy!)
- ¼ cup orange juice, organic

## DIRECTIONS

1. Place all ingredients in the blender.
2. Blend for 1 minute or until ingredients are creamy and well-combined. Add splashes of milk as needed if your blender is struggling.
3. ENJOY!

### NOTES

I resisted a decent blender for too many years. My husband surprised me with a Ninja, and it is life-changing. We have Smoothie King quality smoothies from home whenever we want them! It is often used for blending soups, sauces, and other things as well. I highly recommend investing in a quality blender!