

Vegan Berry Smoothie

Meal time: Breakfast

Meal type: Vegan

Difficulty: Easy

Servings: 2

Total time: 5 minutes

Ingredients

470ml coconut milk
240ml açai juice
190g blueberries
75g frozen strawberries
75g frozen blackberries
75g frozen raspberries
2 TBSP maple syrup

Nutrition Facts

	Amount per serving
Calories	794
Total Fat	58.1g
Saturated Fat	51g
Total Carbohydrate	73.4g
Dietary Fiber	12g
Total Sugars	54.3g
Protein	7g
Cholesterol	0mg
Vitamin D	0IU
Calcium	74mg
Iron	6mg
Potassium	851mg
Sodium	57mg

Instructions:

1. In a high-speed blender jug, pour coconut milk and açai juice.
2. Add fresh blueberries, frozen strawberries, blackberries, raspberries, and maple syrup.
3. Blend at high speed until all the ingredients are unified.
4. Pour the smoothie in a glass, top with fresh berries and mint leaves.

Notes: Almond milk can be used as an alternative to coconut milk. Cranberry juice can be used as an alternative to açai juice. Sugar-free sweetener can be used as an alternative to maple syrup.