

Anastasia's

Berry Green, Vegan-Cream

Ingredients:

5 oz. plain almond milk yogurt
1/2 cup unsweetened almond milk
5 large strawberries (1 1/3 cup)
1/3 cup frozen wild blueberries
2 cups spinach
1 tsp. chia seeds



Blend well and enjoy!!!

By Heartful Health, Anastasia