

SMOOTHIES

Berry Breeze Smoothie

Preparation time: 5 min

Serves: 2

Ingredients:

- **1½ Cups mixed berries**
(strawberries, blueberries, raspberries)
- **1 Large banana** (ripe tastes better)
- **1 Cup water**
- **6 Level scoops Alula GOLD Kid powder**
- **1 Teaspoon honey** (optional)
- **3 Ice cubes**



Instructions:

- 1 Place the mixed berries, banana and water in a blender.
- 2 Sprinkle Alula GOLD Kid powder over the ingredients.
- 3 **Optional:** Add honey for sweetness.
- 4 Add ice cubes.
- 5 Blend until smooth.
- 6 Adjust sweetness or thickness as needed.
- 7 Serve immediately.