

# FROZEN BERRY SMOOTHIE

Makes 1.

By Dennis W. Viau; modified from an Internet recipe.

This smoothie has a sweet, fruity flavor. It's thick, almost like a milk shake, when made with frozen ingredients. It would be perfect on a warm summer day, but enjoyable any time of year.

## Ingredients:

½ cup (120ml) heavy whipping cream  
½ cup (120ml) almond or coconut milk  
1 cup (125g) mixed berries, frozen (blueberries and strawberries)  
1 tablespoon extra virgin coconut oil  
½ cup ice cubes or frozen green tea cubes  
Optional:  
1 packet (100g) frozen acai berry mix  
1 packet Stevia  
½ teaspoon vanilla extract

## Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the [CalorieKing.com](http://CalorieKing.com) web site.

