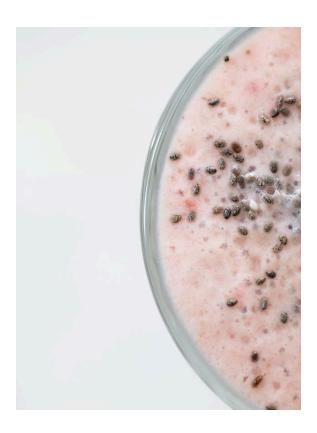
RECIPE

Cauli-Power Smoothie



Ready in **5 minutes**Serves **1-2 people**



Ingredients

- ½ cup frozen strawberries
- ¼ cup frozen raspberries
- ½ cup frozen cauliflower
- 1 tbs ground flaxseed
- 1 tbs chia seeds
- 4 brazil nuts or walnuts
- ½ tsp cinnamon
- 1 tsp vanilla extract
- 1 cup water

Preparation

- 1. Put all ingredients into a blender and blend.
- 2. Enjoy a delicious combo of fiber and phytonutrients. Here's to your gut health!

Tips

You may need to add more water to get desired consistency.