

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.