**Fruit Smoothie**

 Prep: 5 mins

 Cook: 0 mins

 Total Time: 5 mins

 Yield: 2 servings

Course: Drink

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**Ingredients**

* ½ cup strawberries½ cup strawberries
* ¼ cup blackberries¼ cup blackberries
* ¼ cup raspberries¼ cup raspberries
* ½ cup blueberries½ cup blueberries
* ¼ cup pomegranate arils¼ cup pomegranate arils
* ¼ cup bananas sliced¼ cup bananas sliced
* 1 tablespoon flaxseed ground1 tablespoon flaxseed ground
* ½ cup spinach½ cup spinach
* ½ cup baby kale½ cup baby kale
* ¼ cup yogurt your favorite flavor¼ cup yogurt your favorite flavor
* ½ cup acai juice Sambazon recommended½ cup acai juice Sambazon recommended
* ½ cup coconut water½ cup coconut water

**Special Equipment**

* Countertop Blender

**Instructions**

* Clean and dry berries, pomegranate, spinach, and kale.

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* Cut the banana into ½-inch slices.

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* Place the berries, pomegranate, spinach, kale, and flaxseed into a resealable plastic bag.

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* Freeze ingredients overnight, or until ready to use.

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* Measure and add to the blender the acai juice, coconut water, and yogurt.

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* Carefully add the frozen berries, pomegranates, bananas, spinach, kale, and flaxseed to the blender.

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* Blend on low speed for a few seconds, then gradually increase speed and mix until smooth, approximately 1-2 minutes.

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**Notes**

* It helps to break up the large frozen chunks of fruit with your hands while the fruit is still in the plastic bag, before adding to the blender.