

## Innate Smoothie

### Ingredients

- 1 cup frozen organic blueberries, raspberries, strawberries, or blackberries
- Lactose-free protein powder (if you don't digest fruit and protein well try a hemp protein or other vegetable protein or use pre-soaked almonds)
- Organic carrot juice, organic whole apple juice, almond milk, rice milk, or a combination of any of the above. I like to use carrot juice as my base and add a bit of almond milk for richness.
- 1 teaspoon Innate Choice Omega Sufficiency
- 1 tablespoon ground flax seed

### Instructions

All into the blender on HIGH.

The total amount of smoothie should be about 10-12 ounces, these are calorie dense so if weight loss is an issue measure out your portions and limit the total calories to about 400.

Smoothies are a great place to hide healthy oils and multi-vitamins and minerals for kids; they will never know they are in there if you don't tell them!