

Blackberry Coconut Sprinkle Smoothie

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup berries (such as raspberries, blueberries and blackberries)
- 1/2 cup chopped kale or spinach
- 1 banana
- 1/2 tsp chia or ground flax
- 1/2 cup coconut yogurt or kefir
- 1 scoop Genuine Health's Fermented Gut Superfoods for kids (grape flavour)
- Optional: 1 tsp Genuine Health Omega3 + D3 for kids Fish oil
- Non-dairy milk to desired consistency
- Topping: Coconut flakes and blackberries

Instructions:

1. Combine all ingredients into a high power blender and blend until fully combined.
2. Drink right away or refrigerate for the day.

Notes:

Makes 2 servings depending on how hungry your little one is!