

SMOOTHIE

INGREDIENTS

SERVES 2

1 cup strawberries or other berries, frozen

1 cup ice cubes

1 cup water

1/2 cup raw almonds, cashews, or walnuts

(preferably soaked for several hours in water)

1/2 medium avocado

1 tablespoon chia seeds, soaked at least
30 minutes and/or overnight

2 to 3 tablespoons pure maple syrup

1 to 2 teaspoons pure vanilla extract

2 to 3 drops Wild Orange essential oil,
preferably doTerra or other ingestible brand
(optional)

Puree all the ingredients together in a sturdy blender.

*The measurements are not exact because some people like a thick yogurt-like consistency that requires a spoon, while others prefer a liquid that's sippable right out of a glass.

We can already see your inner glow.