

# Berry Smoothie

DRINKS

## Ingredients

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- 1/3 cup frozen berries (blackberries, blueberries, strawberries)
- 1/2 frozen banana
- 3/4 cup Truly Gluten Free Original Oat Milk
- 2 tbsp honey
- 1 tsp chia seeds, to garnish

## Instructions

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1. Add all ingredients to a blender and blend until smooth.
2. If you want a thicker smoothie, add more frozen fruit. If you want to thin out the smoothie, add more oat milk.

Serve with optional toppings of chia seeds and cut strawberries.



Naturally Irish. Truly Delicious.