



CHERRY BERRY SMOOTHIE

15 MINUTES

MAKES 4 SERVINGS

Looking for a way to incorporate more healthy and nutrient dense fruits and veggies into your family's diet? Smoothies are the perfect way to start your day right, without all of the fuss.

INSTRUCTIONS

Place dates and water in blender. Allow to sit 5 minutes. Blend on low until smooth.

Add remaining ingredients and blend on medium low or smoothie setting until fully combined, approximately 1 minute.

Serve immediately.

Enjoy!

INGREDIENTS

5 Medjool Dates, pits removed

2 Cups of Cold Water

1 Pack Goodleaf Microgreens (We used Micro Arugula)

½ Cup of Frozen Pineapple

½ Cup of Frozen Mango

1 Cup of Frozen Mixed Berries

1 Cup of Frozen Pitted Cherries



Vertically Farmed. Straight-up Good.™