



Berry Omega Blast

Ingredients:

¼ cup coconut water
1 banana
½ cup blueberries
1 cup fresh raspberries
1 cup frozen strawberries
1 Tbsp flaxseeds
1 cup ice cubes

Nutritional Information:

- Servings: 2
- Servings size: 12 fl oz
- Calories: 185 kcal
- Carbohydrates: 41 g
- Sugar: 23 g
- Protein: 3 g
- Fat: 2 g
- Saturated Fat: 0 g
- Fiber: 9 g
- Sodium: 9 mg
- Cholesterol: 0 mg

Instructions:

1. Add ingredients in order listed and secure lid.
2. Select "Smoothie" or blend on a low speed for 10 seconds, then a medium to medium-low speed for 10 seconds, then medium to medium-high speed for 40 seconds.